

# **SOME COMMON INDIAN RECIPES AND THEIR NUTRITIVE VALUE**

**COMMUNITY HEALTH CELL  
326, V Main, I Block  
Koramangala  
Bangalore-560034  
India**



**NATIONAL INSTITUTE OF NUTRITION  
INDIAN COUNCIL OF MEDICAL RESEARCH  
HYDERABAD-500 007. A. P.**

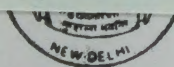
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## PREFACE

Nutritional research during the past four decades in India and elsewhere has shown that it is beneficial to health to have a variety of combinations of cereals and pulses in our daily diet. Several Indian sweets and other food preparations are based mainly on cereals (notably rice and wheat) and pulses.

Knowledge regarding the nutritive value of such Indian food preparations is a valuable aid to wise food selection. Information currently available on this subject is rather scanty except for a brochure brought out by the Central Food Technological Research Institute, Mysore.

This booklet contains the method of preparation and nutritive value of nearly 200 recipes commonly prepared in the several regions of the country. The recipes were actually prepared once again in the Diet Kitchen of the Nutrition Research Laboratories and were found to be well accepted by persons hailing from different regions of India.

It is hoped to enlarge on the information presented in the booklet in future editions. In the meantime, the material presented now will be found valuable and useful by the enterprising and resourceful Indian housewife in preparing something new and at the same time, nutritious, in her home. The booklet may also be useful as an aid for teaching home science students, in providing nutritious menus for school lunches, community feeding centres and for institutions like hostels, restaurants and cafeterias.

Dr. S. C. Balasubramanian, Officer-in charge of the Education and Training Section, provided valuable help to the authors in the finalisation of the booklet.

Hyderabad.  
November, 1962.

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*Director.*  
Nutrition Research Laboratories

## PREFACE TO THE FOURTH EDITION

The information contained in the third edition has been extensively revised. In response to suggestions received from the users of the book, in this edition bigger types have been used to facilitate easy reading and use by the housewife.

The use of metric measures has become quite common in our country. Quantities of ingredients given in the avoirdupois units in the earlier editions have now been completely eliminated in this edition.

An appendix at the end, on some common home measures in use in India and their weight and volume equivalents in metric units has been added to enable the housewife to make use of this book more effectively.

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Director

National Institute of Nutrition  
Hyderabad-500 007.  
January 1977.

## **Introduction**

Information on the method of preparation of several common Indian food preparations, along with their nutritive value, will be particularly helpful to housewives and persons in charge of catering establishments in preparing tasty and nutritious dishes.

The present booklet is an attempt at fulfilling this objective. Between its covers are presented method of preparation and nutritive value of about 200 recipes, based chiefly on rice and wheat. These have so far not been published.

The details regarding the methods of preparation were collected through home-visits and careful personal enquiry from housewives hailing from different parts of the country. Each dish was prepared once again in the Diet Kitchen of the Laboratories, using the same amounts of ingredients, and the yield of the cooked product noted.

### **Nutritive Value of the Preparations**

The nutritive value of the cooked product was calculated from the values for the raw materials used in each recipe as given in Health Bulletin No. 23 brought out by these Laboratories. The vitamin values are not given since it has been found that wide variations in vitamin values can result even with minor variations in the methods of cooking. In general, it may be stated that cooking with soda involves loss of vitamin B, and cooking with exposure to air results in loss of vitamin C. On the other hand, use of tamarind or lime protects vitamin C. Rancidity also affects certain vitamins adversely. The sooner a dish is consumed after preparation the better will be the benefit with regard to the vitamins one derives therefrom.

At the end of each recipe, the yield of the cooked product is given and towards the end of the booklet, the nutritive value of a 300g. portion of the cooked food is given in a tabular form.

### **Notes for using the booklet**

The quantities of fat or oil, indicated under ingredients in preparations which involve frying in deep fat, represent only the amount of fat or oil actually absorbed by the preparation concerned.

In practice, a larger amount than indicated has to be used for frying and the fat or oil left over is used in other preparations.

The term 'baking' means the use of either an electric oven or an improvised oven such as a vessel containing hot sand.

A preliminary chapter deals with general principles of nutrition and serves as a background for understanding the value and importance of nutrients like calcium and proteins, data on which are presented later. Housewives and other users of the book would profit much by a perusal of these pages.

Recipes common to the whole country are presented in the beginning. The rest of the recipes have been grouped under four regions-East, West, North and South of India. They are further sub-divided under each region as sweets and savoury preparations based on wheat and rice respectively.

An appendix at the end gives the Hindi equivalents of English names of common Indian foodstuffs.

## THE NEED FOR FOOD

### Purpose of food

Most people associate nutrition with the foods they eat. All the materials needed to make and maintain the body in proper form are usually taken in by mouth in the form of wholesome food. A good diet is merely a combination of foods which supply the materials vital to the body for its well-being. These dietary essentials are also known as nutrients.

Dietary essentials (Nutrients)	What the dietary essentials do for the body
<i>PROTEIN</i>	
Protein	Builds and repairs muscles, glands blood and other tissues, ; Furnishes materials for substances that regulate body processes. Furnishes energy for bodily activities.

## *MINERAL ELEMENTS*

**Calcium** Forms an "important" part of teeth and bones, constitutes part of muscle and nerve tissue and of body-fluids.

**Iron** Constitutes part of red blood-cells which carry oxygen to all parts of the body.

(Phosphorus, copper, iodine, magnesium, manganese, potassium sodium and other mineral elements are also essential. They are usually present adequately in diets that supply plenty of calcium and iron).

## *VITAMINS*

**Vitamin A** Is essential to tissues that cover and line the body. Is necessary for proper vision in dim light.

Thiamine (Vitamin B <sup>1</sup> )	{	Each takes a specific part in the process by which foods are burned in the body.
Riboflavin (Vitamin B <sub>2</sub> )		
Niacin (Nicotinic acid)		

**Vitamin C (Ascorbic acid)** Is essential to health of teeth, bones blood vessels and other tissues.

**Vitamin D** Helps body to utilise calcium and phosphorus from food.

(Several other essential vitamins are probably present in sufficient quantities in diets that supply the above vitamins adequately)

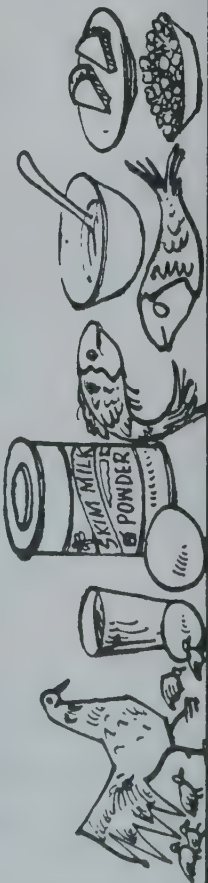
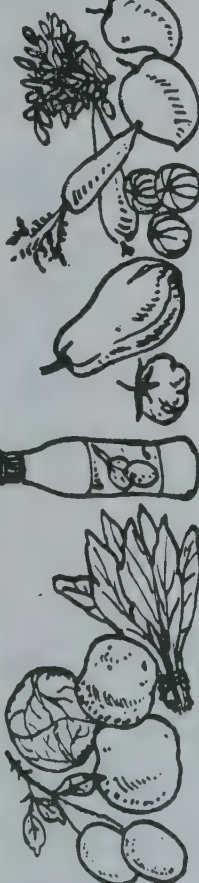

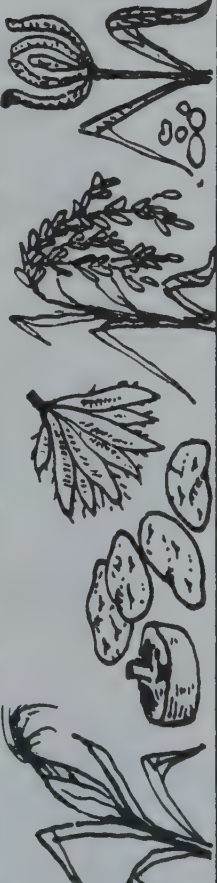
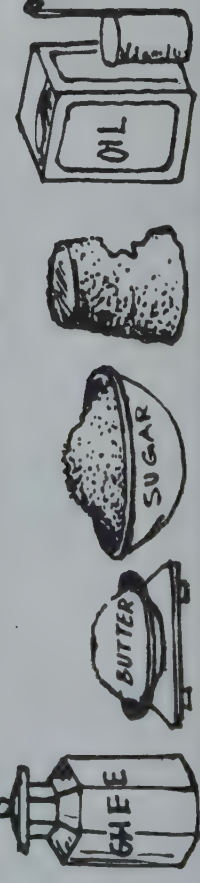
## *CARBOHYDRATES*

**Carbohydrates** Furnish energy for work.

## *F A T S*

**Fats and oils** Furnish energy for work.  
Provide fatty acids essential to health.  
Serve to dissolve and carry vitamins such as vitamins A and D in the body.

# THE FIVE FOOD GROUPS

THE FIVE FOOD GROUPS		FOOD-STUFF	MAIN NUTRIENT CONTRIBUTION
	<b>1</b>	<b>MILK</b> CURDS, PANIR (CHEESE), SKIM-MILK POWDER <b>PULSES</b> DRIED BEANS & PEAS, NUTS <b>MEAT</b> FISH, POULTRY, EGGS	Protein  Calcium  Riboflavin
	<b>2</b>	<b>FRUITS</b> ORANGE, TOMATO, MANGO, PAPAYA AMLA, LEMON-JUICE Etc. <b>GREEN LEAFY VEGETABLES</b> SAG OR KEERALI, CABBAGE, CARROT-TOPS Etc.	Carotene (Vitamin A Value) Vitamin 'C' Mineral Salts Iron (in leafy vegetables)
	<b>3</b>	<b>OTHER VEGETABLES</b> BRINJAL, GOURDS, FRESH BEANS, PUMPKIN, LADIES FINGER, TINDA Etc.	Vitamins and Minerals (in small amounts)
	<b>4</b>	<b>CEREALS</b> RICE, WHEAT, MAIZE, RAGI Etc. <b>STARCHY VEGETABLES</b> YAMS, COLOCASIA, TAPIOCA, POTATOES	Carbohydrate 'B' Vitamins Protein (in cereals)
	<b>5</b>	<b>FATS &amp; OILS</b> VEGETABLE OIL, BUTTER, GHEE  SUGAR JAGGERY Etc.	Fat (Energy) Essential Fatty Acids, Vitamin A (in Animal Fats only) Carbohydrate (in Sugars only)

## The Food Groups

The essential nutrients are protein, carbohydrate, fats and the different minerals and vitamins. Each has a special job in the building and upkeep of the body. Hence, all the nutrients in the proper proportions are needed by the body.

Almost all natural food-stuffs contain a mixture of different nutrients. There is however no single food-stuff in which the nutrients are present in quantities sufficient to meet the daily needs of the body. This is why a combination of different kinds of food-stuffs is essential in a diet.

However, depending on the predominant nutrient contained, food-stuffs may be broadly classified under three heads, viz., Energy yielding, Body-building and Protective foods.

Body-building food-stuffs are milk and milk products, meat, fish, eggs, pulses, dried beans and nuts. Cereals too, contain some body-building materials. The nutrients that build and renew are proteins and minerals.

Some examples of protective food-stuffs are green leafy vegetables, fresh fruit, milk, meat, fish and eggs. The nutrients that carry out this protective function are chiefly the vitamins and mineral salts.

The energy-yielding food-stuffs are chiefly cereals, sugars fats and oils. The energy is measured in terms of calories.

If the diet is deficient in one or more of these vital substances it leads to a derangement of the normal functioning of the different parts of the body, resulting in ill-health, stunted growth and imperfect development. A no less important task of the protective nutrients is to enable us to utilise the other food factors for the production of energy and help to build the body.

A knowledge about the nutrients contained in foods makes the job of food selection and consumption more meaningful. Foods are store-houses of these nutrients. All food-stuffs can therefore, be conveniently grouped as in Table 1 to help us in such a selection. The predominant nutrient in foods listed in a particular group is the same. Within the same group, foods can be exchanged for one another depending on the individual's likes and the local availability (Table 1).

## Balanced diet

In order to meet the nutrient needs, everyone has to eat daily at least one food item in sufficient quantity from each of the Five Food Groups. Such a diet, in which various food-stuffs are mixed in suitable proportions to carry out adequately the three functions (body building, energy-yielding and protective) is known as a 'Balanced Diet'.

Balanced diets for a normal adult man engaged in sedentary, moderate or heavy activities are given in Table II. A sample meal plan for a sedentary worker, incorporating the amounts of food-stuffs suggested in Table II, is shown in Table III.

## Nutritional requirements

The requirement for food will vary according to the age, sex and activity of the individual. A man performing heavy manual labour will need a proportionately larger amount of energy-yielding foods in his diet, compared with one doing light or moderate work. Special demands are also made during stress periods such as pregnancy, lactation, infancy and childhood. During these periods the child and mother need increased amounts of body-building and protective foods.

The recommended daily allowances of calories and some essential nutrients are given in Table IV, page 30.

## Results of nutritional deficiency

If there is a continuing deficiency in any of the nutrients, a specific deficiency disease is likely to result.

For instance, if the diet of a child supplies too little protein, or calories there will be breakdown of the body muscle to sustain the essential function of the body for some time. After a critical stage, the child develops a disease termed 'Kwashiorkor' or 'Protein Calorie Malnutrition'. Characteristic features of the condition are apathy, oedema (massive swelling), discolouration of hair, dermatitis, shiny, fluid-logged 'moon face' etc.

Similarly, a slow starvation owing to a lack of sufficient food or mother's milk leads to tissue wasting, with the child presenting a shrunken appearance with loose, baggy folds of skin on his limbs and face.

If the diet supplies too little of iron, protein and the other materials needed for building red blood-cells, the blood becomes deficient and the individual becomes anaemic.

If calcium, phosphorus and vitamin D are not supplied in sufficient amounts the bones are ill-developed. With infants and young children, the bones tend to become soft and bend easily and permanent deformities may result.

A shortage of iodine in the diet is an important factor in the enlargement of the thyroid gland, the resulting condition being known as 'Goitre'.

Long, continued shortage of vitamin A results in night blindness or inability to see in dim light. An extreme lack of vitamin A leads to a serious eye disease called 'Keratomalacia' and eventual loss of eyesight.

Inadequacy in the supply of thiamine (vitamin B<sub>2</sub>) may cause impaired functioning of the nervous system, and result in a disease called 'Beri-beri'.

Continued lack of riboflavin (vitamin B) may lead to a condition in which cracks around the corners of the mouth and fissures of the tongue and lesions around the nose and eyes may be caused.

Table II

## Balanced diets for Adult Man

Food group	Sedentary Work .....		Moderate Work .....		Heavy Work .....	
	Vege- tarian	Non- vege- tarian	Vege- tarian	Non- vege- tarian	Vege- tarian	Non- vege- tarian
	(gm.)	(gm.)	(gm.)	(gm.)	(gm.)	(gm.)
I. Milk and Milk products	200	100	200	100	200	100
Egg	...	30	...	30	...	30
Meat and Fish	...	30	...	30	...	30
Pulses	70	55	80	65	80	65
Groundnuts	...	...	...	...	50★	50★
II. Fruits	30	30	30	30	30	30
Green leafy vegetables	100	100	125	125	125	125
III. Other vegetables	75	75	75	75	100	100
IV. Cereals	400	400	475	475	650	650
Roots and Tubers	75	75	100	100	100	100
V. Sugar and Jaggery	30	30	40	40	55	55
Fats and Oils	35	40	40	40	50	50

★ An additional 30 gm. of fats and oils can be included in the diet in place of groundnuts.

Table III

A sample meal plan for a balanced diet  
(Suitable for a sedentary worker)

Menu		Ingredients	
Breakfast			
Idli	Rice	...	50 gms.
	Blackgram dhal	...	25 gms.
Coconut chutney	Coconut	...	10 gms.
Orange 3 Slices	Orange	...	30 gms.
Coffee	Milk	...	50 gms.
	Sugar	...	15 gms.
Lunch			
Rice	Rice	...	100 gms.
Pulkas	Wheat	...	75 gms.
Cabbage curry	Cabbage	...	100 gms.
Sambar	Dhal	...	15 gms.
	Onions	...	25 gms.
Rasam			
Curds	Curds	...	50 gms.
Tea			
Tea	Sugar	...	15 gms.
	Milk	...	50 gms.
Greengram Sundal	Greengram	...	20 gms.
Dinner			
Rice	Rice	...	100 gms.
Pulkas	Wheat	...	75 gms.
Mixed vegetable curry	Beans	...	20 gms.
	Potato	...	50 gms.
	Cauliflower	...	30 gms.
Tomato chutney	Tomatoes	...	25 gms.
Rasam			
Curds	Curds	...	50 gms.

**TABLE IV**  
**Daily allowances of Nutrients for Indians**  
*(Recommended by the Nutrition Expert group in 1968)*

Group	Particulars	1	2	3	4	5	6	7	8	9	10	11
		Net calories	Proteins (gm.)	Calcium (gm)	Iron (mg.)	Vitamin A Retinol (ug) or β-carotene (ug.)	Thiamine (mg)	Riboflavin (mg)	Nicotinic acid (mg) Ascorbic Acid (mg.)	Folic acid (mg)	Vitamin B <sub>12</sub> (ug.)	Vitamin D (I.U.)
Man	Sedentary work	2400										
	Moderate work	2800	55	0.4-0.5	20	750	3000	11.2 1.4 2.0	16 19 26	50	100	1
	Heavy work	3900										
	Sedentary work	1900	45	0.4-0.5	30	750	3000	1.0 1.1	13 15	50	100	1
	Moderate work	2200										
Woman	Heavy work	3000										
	Pregnancy (second half of pregnancy)	+300	+10		40	750	3000	1.5 +0.2	21			
	Lactation (upto 1 year)	+700	+20	1.0	30	1150	4600	+0.4	+0.4	+5.80	150	1.5
	0-6 months	120/kg.	2.3-1.8/kg.			400						
	1 year											
Children	7-12 years	100/kg.	1.8-1.5/kg.	0.5-0.6	300	1200						
	1 year		17									
	2 years	1200	18	0.4-0.5	15-20	250	1000	0.6	0.7	8	30	25
	3 years		20									
	4-6 years	1500	22			300	1200	0.8	0.8	10		
Adolescents	7-9 years	1800	33			400	1600	0.9	1.2	12		
	10-12 years	2100	41			600	2400	1.0	1.0	14		
	13-15 yrs. Boys	2500	55	0.6-0.7	25	750	3000	1.3	1.4	17	30-50	50-100
	13-15 yrs. Girls	2200	50		35	750	3000	1.1	1.2	14	0.5-1.0	200
	16-18 yrs. Boys	3000	60	0.5-0.6	25	750	3000	1.5	1.7	21		
	16-18 yrs. Girls	2200	50		35	750	3000	1.1	1.2	14		

Sufficient nutrients have been provided to compensate for loss in cooking which varies depending on the method used.

A deficiency of nicotinic acid, found commonly among people exclusively subsisting on maize or jowar, causes disturbances of the digestive tract. There will be changes in the skin, especially in the exposed parts, and mental changes may follow. A disease called 'Pellagra' often results.

Deficiency in ascorbic acid or vitamin-C causes a disease known as 'Scurvy'. It is characterised by swollen and painful joints, spongy, bleeding gums and haemorrhages under the skin. There is a delay in the healing of wounds.

### To improve our diets

The major cause for the occurrence of nutritional deficiencies is a lack of means to buy the costlier nourishing foods such as milk, meat, fish, and eggs, as also inadequate knowledge of wise food selection.

Diet surveys, carried out in different parts of the country have shown that the Indian diet is deficient in several protective elements such as protein, vitamins ('B' complex and vitamin-A and minerals (calcium and iron). A deficient diet such as this can be improved by the use of cheaper but equally nutritious alternative and substitute foods. Some ways of improving the dietary at a cheap cost is given in Table VI.

### The marks of good nutrition

Good nutrition, however, means more than the right kinds of food in the right quantities. The capacity for proper digestion and utilization of food is equally important. This ability is influenced among other things by the presence or absence of disease, the amount of sleep and the emotional and mental condition of an individual. Good nutritional status throughout life may be judged by these outward signs :

Body	...	Well proportioned ; enough fat for symmetry.
Proper weight	...	For height and age.
Muscles	...	Well developed and firm.
Skin	...	Smooth, clear and slightly moist.
Hair	...	Naturally glossy, neither dry nor brittle.
Nails	...	Smooth, not ridged or brittle.
Eyes	...	Clear and without dark circles under them.

Facial		
expression	...	Alert but without strain.
Posture	...	Head erect; chest broad, capable of generous expansion; shoulders even, not pushed back; abdomen flat.
Attitude	...	Good natured, full of life.
Sleep	...	Sound.
Digestion	...	Good.
and elimination		
Appetite	...	Good
Appearance	...	Of general well-being.

### A way to ensure good nutrition

In the following pages, a few recipes and their nutritive value are given. The housewife may be able to select from these and provide a round of tasty and at the same time nutritious fare for the family.

Table VI

*Ways to improve nutritionally poor diets*

Situation	Remedy			
	1	2	3	4
1. When milk is expensive	Have Skim-milk or Groundnut milk.	More dal in the form of cereal-pulse preparation.	Groundnuts and cheaper varieties of dals, grams, dried beans and peas.	Low priced fish cheaper beef and organ meats duck's eggs.
2. When fruit is expensive	Have Green leafy vegetables (utilize the leafy tops of carrots etc.)	Other cheaper in-season vegetables and fruit (amla, tomatoes, guavas and cashew fruit).	Sprouted gram and beans.	Raw vegetable salad.
3. When food expenditure is high	Use Jaggery instead of sugar.	Replace high-priced cereals such as wheat and rice partially by millets, e.g., ragi, bajra, jowar etc., and partly by starchy vegetable, e.g., yams, colocasia, sweet potatoes, tapioca, and green plantains etc., if the latter are cheaper.	Vegetable oil instead of butter and ghee.	

Mixed cereals with pulses or milk or flesh-foods are excellent body builders. Leafy green vegetables and fruits protect and maintain bodily health.

# 1. RECIPES COMMON TO ALL REGIONS OF THE COUNTRY

## A.I SWEET BASED ON WHEAT

### 1. Barfi

#### Ingredients

Semolina (suji)	84 g.	Ghee or Vanaspati	42 g.
Sugar	84 g.	Saffron	0.1 g.
Milk	120 ml.	Cardamom	2 g.
		Water	60 ml.

#### Procedure

Milk and 7 g. ghee or vanaspati are added to the semolina and made into a paste which is fried in the remaining ghee till brown. Sugar is made into a thick syrup with water and saffron added. Cardamom is powdered and added along with the syrup to the fried semolina. The mixture is cooked well with frequent stirring and when the grains turn slightly transparent, the mass is poured on a greased plate and cut into square pieces when set.

“Rawa barfi” can also be made without the addition of milk and flavourings, in which case the proportion of semolina to sugar is 2:3.

Weight of cooked barfi = 266 g.

### 2. Biscuits

#### Ingredients

Wheat flour	84 g.	Baking powder	1 g.
Sugar	28 g.	Water	22 ml.
Vanaspati	14 g.		

#### (ii) Butter Biscuits

White flour	56 g.	Baking powder	1 g.
Sugar	56 g.	Water	4 ml.
Butter	28 g.		

#### (iii) Milk Biscuits

Wheat flour	56 g.	Baking powder	0.1 g.
Sugar	28 g.	Milk	15 ml.
Butter	14 g.		

*Procedure*

Sugar is powdered and sieved along with flour and baking powder. Butter or vanaspati is added and the whole is made into a medium stiff dough with some milk or water. The dough is rolled out into a 1/4" thick chapatie and cut into rounds or squares and baked in an oven.

Weight of cooked biscuits=(i) Sweet 154 g.  
 (ii) Butter 140 g.  
 (iii) Milk 112 g.

**3. Bun***Ingredients*

Semolina (suji)	56 g.	Ghee or Vanaspati	14 g.
Sugar	56 g.	Cardamom	1 g.
Milk	60 ml.	Saffron	0.1 g.
Curd	56 g.	Yeast	a little

*Procedure*

Cardamom is powdered and the saffron and yeast are soaked in water. All the ingredients are then mixed well. This mixture is allowed to stand for about an hour. It is then poured into small greased dishes and baked in an oven. After baking for about 15 minutes, a knife or needle is poked into the bun, and if nothing adheres to the knife, the bun is ready to serve.

Weight of cooked bun=224 g.

**4. Cake***Ingredients**(i) Plain cake*

White flour	56 g.	Egg	One
Sugar (powdered)	56 g.	Baking powder	1 g.
Butter	56 g.		

*(ii) Semolina cake*

Wheat flour	28 g.	Eggs	Two
Semolina (suji)	84 g.	Plums	28 g.
Sugar	28 g.	Caraway seeds	0.3 g.
Butter	28 g.	Vanilla essence	0.5 g.
		Baking powder	a pinch

*Procedure*

Butter and sugar are mixed together and beaten till creamy, after which the well-beaten egg yolks are added. Next, the white flour (sieved along with the baking powder) or the suji and the wheat flour are folded into the mixture. The egg whites are beaten in a separate bowl till stiff and also folded into the mixture followed by plums, caraway seeds and essence. A cake tin is greased and lined with paper. The cake mixture is poured into the mould and baked in an oven for about half an hour.

Weight of cooked cake = (i) Plain 196 g.  
(ii) Semolina 259 g.

**5. Gulab Jamun***Ingredients*

White flour	21 g.	Baking powder	0.3 g.
Sugar	56 g.	Cardamom	1 g.
Khoa	98 g.	Water	60 ml.
Vanaspati	28 g.		

*Procedure*

Sugar is made into a medium thick syrup with water and kept warm. The khoa is beaten with the hand till very smooth and no granules are left. Powdered cardamom and white flour are added to the khoa (a little at a time) and mixed well. Small portions are made into round balls or cylindrical shapes and fried in vanaspati till dark brown in colour. They are then immersed at once in the hot sugar syrup and left to soak for about two hours. A little baking powder may be added to the dough.

Weight of cooked gulab jamun = 245 g.

**6. Halwa***Ingredients**(i) Atta halwa*

Wheat flour	56 g.	Raisins	3 g.
Sugar	56 g.	Almonds	3 g.
Ghee or Vanaspati	35 g.	Cardamom	0.5 g.
		Water	240 ml.

(ii) *Kesari*

Semolina (suji)	28 g.	Raisins	7 g.
Sugar	21 g.	Cashew-nuts	7 g.
Ghee or Vanaspati	7 g.	Cardamom	0.5 g.
		Water	90 ml.

*Procedure*

Suji or wheat flour is fried in ghee or vanaspati till light brown in colour. The sugar made into a syrup is added to the wheat flour and mixed well. The mixture is then cooked, stirring constantly, until it does not stick to the sides of the vessel. At this stage, the split nuts and raisins are put in, followed by powdered cardamom. After mixing well, the halwa is poured on a greased plate to set.

In “Atta halwa” jaggery may be used instead of sugar. with or without the addition of nuts.

Weight of cooked halwa =	(i) Atta halwa	294 g.
	(ii) Kesari	199 g.

7. *Jalebi**Ingredients*

White flour	56 g.	Vanaspati	112 g.
Semolina (suji)	56 g.	Salt	0.5 g.
Sugar	56 g.	Saffron	0.1 g.
Curd	56 g.	Cardamom	1 g.
Yeast	a little	Water	180 ml.
		Coconut shell	One

*Procedure*

White flour is mixed with suji, yeast and curd. The mixture is well beaten, salt added and made into a thin paste with water. This mixture is kept overnight in a warm place to ferment.

In the morning, the sugar is made into a syrup with water. Saffron and powdered cardamom are added to the syrup.

A small hole is made in the half shell of coconut. A little of the paste is poured into the shell and allowed to flow in round forms into hot vanaspati. The circles are well fried and immersed at once in the hot syrup and taken out after about a minute.

Weight of cooked jalebi = 336 g.

## 8. Paadurshah

### *Ingredients*

White flour	56 g.	Ghee or Vanaspati	28 g.
Rice flour	0.5 g.	Salt	0.3 g.
Sugar	28 g.	Soda or Baking powder	0.3 g.
		Water	45 ml.

### *Procedure*

White flour is made into a stiff dough with 22 ml. water. The dough is divided into small balls and rolled out into thin chapaties. Rice flour is mixed with 3 g. melted vanaspati, soda and salt. This is applied on one side of each chapatie. The chapaties are then placed one on top of the other (greased side upward) and rolled into a long cylinder. The roll is cut into 1/2" thick pieces and fried in vanaspati. A thin syrup is prepared out of sugar and 23 ml. water. The fried paadurshah pieces are immersed in the hot syrup and taken out after a minute. The syrup may be flavoured with cardamom.

The dough may be made with the addition of 7 g. each of suji, vanaspati and milk (optional). A dough of this type is made into small flat balls which are fried in vanaspati and then immersed in sugar syrup.

Weight of cooked paadurshah = 126 g.

## 9. Sponge cake

### *Ingredients*

White flour	56 g.	Eggs	2
Sugar	56 g.	Baking powder	1 g.

### *Procedure*

The egg whites are separated and beaten very briskly till fluffy. The well-beaten yolks are then added and mixed. Spoonfuls of flour and sugar are added alternately to the beaten eggs and stirred in. A tablespoon of flour, mixed with baking powder is put in towards the end and the whole well blended. A tin is greased and lined with paper and the cake mixture is poured into it and baked in an oven.

Such cake is used in puddings.

Weight of cooked sponge cake = 182 g.

## 10. Surma laddoo

*Ingredients*

Semolina (suji)	84 g.	Milk	22 ml.
Sugar candy	28 g.	Vanaspati	119 g.
Sugar	252 g.	Raisins	35 g.
Almonds	35 g.	Cardamom	3 g.

*Procedure*

About 35 g. vanaspati is melted and taken off the fire. The milk and suji are added to the warm vanaspati, mixed well and cooked again till the grains swell. The mixture is then taken off the fire. Almonds are peeled and cut into small pieces. The almonds, raisins and sugar candy are added to the mixture and it is placed once again on the fire. When the sugar candy melts, sugar and the remaining vanaspati are added and stirred, cardamom added and made into balls (laddoos).

Weight of cooked surma laddoo — 616 g.

## 11. Toffee

*Ingredients**(i) Chocolate*

White flour	28 g.	Cocoa	28 g.
Sugar	84 g.	Butter	28 g.
Water	30 ml.		

*(ii) Coconut toffee*

White flour	84 g.	Cocoa	56 g.
Shredded coconut	28 g.	Sugar	280 g.
Vanaspati	42 g.	Water	60 ml.

*Procedure*

Sugar is made into a very thick syrup with water. The rest of the ingredients are added to the boiling syrup and cooked, stirring all the time till the mixture starts leaving the sides of the pan. It is then poured on to a greased plate and cut into small pieces when set.

Weight of cooked toffee (i) Chocolate = 175 g.  
(ii) Coconut toffee = 504 g.

## A. 2. SWEETS BASED ON RICE

## 12. Kheer

*Ingredients*

Rice	56 g.
Bengal gram	21 g.
Sugar	42 g.
Cardamom	1 g.
Cashew-nuts	28 g.
Milk	360 ml.
Water	420 ml.

*Procedure*

Cleaned rice and Bengal gram are boiled in water till soft. Milk is then added and the mixture cooked till thick. Lastly sugar, powdered cardamom and fried cashew-nuts are added. The kheer is taken off the fire at once.

Weight of cooked kheer = 588 g.

## 13. Kheer (without milk)

*Ingredients*

Rice	56 g.
Green Gram	14 g.
Jaggery	56 g.
Coconut	7 g.
Roasted cashew-nuts	7 g.
Cardamom	3 g.
Water	750 ml.

*Procedure*

Cleaned and washed green gram is cooked. When the green gram is one fourth cooked, rice is added. When the grains turn soft and the water is absorbed, jaggery, powdered cardamom, roasted cashew-nuts and grated coconut are added and the product taken off the fire at once.

Andhras add 90 ml. water and 60 ml. milk and call the preparation "Shakar pongal".

Weight of cooked kheer = 322 g.

## 14. Sweet rice

*Ingredients*

Rice	56 g.
Sugar	42 g.
Saffron	0.01 g.
Ghee or Vanaspati	14 g.
Almonds	7 g.
Raisins	7 g.
Cardamom	1 g.
Water	180 ml.

*Procedure*

Sliced almonds, raisins and powdered cardamom are fried in hot ghee or vanaspati and then rice is added; 120 ml. water is added next and the rice cooked till three fourths done, i.e. slightly underdone. In the meanwhile, the saffron is roasted on a slow fire for a few seconds, powdered and soaked in 15 ml. water for about 15 minutes. 45 ml. water is added to the sugar and allowed to boil and added along with the saffron water to the rice. The rice is allowed to be cooked on a slow fire with some live coal on the top of the lid. When grains are soft and the water absorbed, the rice is taken off the fire.

Raisins and cardamom are sometimes omitted and lime juice added to the sugar syrup.

Weight of cooked sweet rice = 210 g.

## B. 1. SAVOURIES BASED ON WHEAT

## 15. Bread

*Ingredients*

Wheat flour or white flour	56 g.	Ghee or Vanaspati	3 g.
Sugar	1 g.	Salt	1 g.
Yeast	0.1 g.	Luke-warm water	60 ml.

*Procedure*

White flour is mixed with the rest of the ingredients and made into a soft dough. The dough is placed near the fire (or in warm place) for about four hours to rise. It is then well

kneaded and placed near the fire again for about an hour so that the dough ferments. It is now kneaded once more and baked in an oven in individual greased tins or in a large pan.

Weight of cooked bread=84 g.

## 16. Meat Puffs

### *Ingredients*

White flour	70 g.	Onion	14 g.
Minced meat	56 g.	Baking powder	0.3 g.
Kidney fat (suet)			
or vanaspati	56 g.	Cloves	0.3 g.
Poppy seeds	0.3 g.	Cinnamon	0.3 g.
Coriander seeds	0.5 g.	Garlic	3 g.
Green chillies	1 g.	Cumin	0.5 g.
Yolk of egg	14 g.	Salt	3 g.
Turmeric	0.5 g.	Water	360 ml.

### *Procedure*

Minced meat is boiled in water with the addition of spices and 3g. salt, till very soft.

Kidney fat is ground till smooth and no fibre remains. It is then divided into small bits and set aside. Baking powder is added to white flour and a dough is prepared with a little water. The dough is well kneaded and divided into two equal portions which are rolled out into two (1/4 inch) thick chapaties. Pieces of kidney fat are sprinkled over one chapatie and the other chapatie placed over it. The kidney fat should be enclosed between the two chapaties. The chapatie is rolled up into a long cylinder and cut into small pieces, which are again rolled out into square shapes. A spoonful of the cooked meat is placed on each square of pastry which is then folded over and the edges sealed with water. Yolk of egg is well beaten and smeared on the upper side of the puff. The puffs are then baked in an oven.

Weight of cooked meat puffs=150 g.

## 17. Potato Kachori

### *Ingredients*

White flour	70 g.	Coriander leaves	0.3 g.
Potatoes	112 g.	Green chillies	3 g.
Mustard	0.3 g.	Onion	14 g.

Black gram	3 g.	Turmeric	0.3 g.
Vanaspati	56 g.	Salt	3 g.
		Water	22 ml.

### *Procedure*

Boiled and peeled potatoes are mashed well and set aside. A little vanaspati (7 g.) is heated and a seasoning of blackgram, mustard, chopped coriander leaves, green chillies and onions prepared. To the seasoning in the pan, turmeric, salt and mashed potatoes are added and fried for some time. This filling is kept aside.

The white flour with the addition of 21 g. vanaspati is made into a dough with water. The dough is divided into small balls, which are rolled out into puries and filled with the potato filling. They are then slightly flattened with hand and shallow or deep fried in ghee or vanaspati.

Instead of potatoes, minced meat or cooked peas with the addition of ghee, salt and chillie powder may be used as a filling.

Weight of cooked potato kachori=532 g.

## B. 2. SAVOURIES BASED ON RICE

### 18. Cauliflower palao

#### *Ingredients*

Rice	56 g.
Cauliflower	28 g.
Onion	14 g.
Ghee or vanaspati	14 g.
Green chillies	7 g.
Coriander leaves	3 g.
Cloves	2 g.
Cumin	2 g.
Cinnamon	1 g.
Cardamom	1 g.
Pepper	1 g.
Coriander seeds	2 g.
Red chillie powder	3 g.
Turmeric	1 g.
Salt	3 g.
Water	300 ml.

*Procedure*

Sliced onions are fried in ghee or vanaspati till light brown. Powdered spices and pieces of the cauliflower are then added. 120ml. water is then added and the cauliflower cooked till all water is absorbed. The cauliflower pieces are removed and kept in another vessel when done. Next, the cleaned and washed rice, along with green chillies and coriander leaves, are added to the pan. Water is added along with salt and rice and cooked till the water is absorbed and grains are soft. The cooked rice is garnished with pieces of cauliflower.

“Pea palao” is a less spiced preparation in which fresh shelled peas are fried along with cashew-nuts, almonds, raisins and cardamom. When the peas turn slightly soft, the rice is put in and stirred well. Lastly, water, salt and turmeric powder are added and cooked as above.

Weight of cooked cauliflower palao=252 g.

## 19. Chewra

*Ingredients*

Rice flakes	56 g.
Sugar	3 g.
Cashew-nuts	7 g.
Dry coconut	7 g.
Raisins	7 g.
Mustard	
Seasame (til) oil	3 g.
Turmeric	0.5 g.
Red chillie powder	1 g.
Asafoetida	0.5 g.
Oil or Vanaspati	28 g.
Salt	3 g.

*Procedure*

Cashew-nuts and pieces of dry coconut are fried in oil and set aside. The cleaned rice flakes are put into a wire basket and immersed in hot oil. The flakes are stirred constantly until they turn crisp and light brown in colour. They are then removed and drained on paper. Asafoetida is fried in a little of the hot til oil, the spices are put in and the whole is mixed into the fried rice flakes. Lastly, sugar, fried cashew-nuts, coconuts and raisins are added to the chewra.

Weight of cooked chewra=140 g.

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## 20. Ghee rice

### Ingredients

Rice	56 g.
Cardamom	1 g.
Raisins	3 g.
Ghee	28 g.
Onion	28 g.
Cashew-nuts	14 g.
Salt	1 g.
Water	120 ml.

### Procedure

Sliced onion is fried in ghee. Cashew-nuts, raisins and cardamom are then added and fried for a while. Water is added and when it boils, the cleaned and washed rice is put in and the mixture allowed to come to the boil once again. The cooking is continued on a slow fire with some live coals placed on the lid and the rice is cooked till grains are soft and all water is absorbed.

Weight of cooked ghee rice=255 g.

## 21. Godhum Pakora

### Ingredients

Wheat flour	56 g.
Rice flour	28 g.
Curd	56 g.
Coconut oil	28 g.
Ginger	7 g.
Green chillies	7 g.
Cumin	3 g.
Salt	7 g.

### Procedure

Wheat flour is mixed with the rice flour and made into a paste with curd. Chopped ginger and green chillies are added to the paste and mixed well. Cumin and salt are also added. Coconut oil is heated in a pan and small portions of the paste are fried in the hot oil till brown in colour.

Weight of cooked godhum pakora=364 g.

## 22. Ompodi

### Ingredients

Rice flour	28 g.
Bengal gram flour	84 g.

Celery seeds	3 g.
Vanaspati or Oil	28 g.
Red chillie powder	3 g.
Asafoetida	1 g.
Salt	3 g.
Water	120 ml.

### *Procedure*

Asafoetida is powdered and mixed thoroughly with other ingredients. 2 g. oil or vanaspati, is added and a thick paste is made with some hot water. The paste is set aside for about half an hour and then passed through an "Ompodi" mould in young forms into heated oil or vanaspati, and fried till crisp and rellowish-brown in colour.

Weight of cooked ompodi = 154 g.

## 23. Paapari

### *Ingredients*

Rice	56 g.
Sesame (til) oil	1 g.
Cumin	1 g.
Sesame (til) seeds	1 g.
Gum (edible)	1 g.
Red chillie powder	1 g.
Vanaspati	14 g.
Salt	1 g.
Water	120 ml.
Oak leaves (big leaves)	Four

### *Procedure*

Cleaned and washed rice is soaked in water for three days. The water in which the rice is soaked has to be changed every day. On the fourth day the water is drained off, the rice spread on a cloth and left in a shady place to dry. When dry, the rice is pounded, mixed with half of the oil and rest of the ingredients (with the exception of oak leaves) and made into a thick dough. Small portions of the dough are spread on greased oak leaves and steamed for 3 to 4 minutes. The steamed dough is then left in the sun to dry. When dry, the leaf is removed and the paapari is deep fried in vanaspati.

Instead of steaming, the dough is sometimes cooked in a little water till it becomes a thick paste and then dried in the sun in the form of small paapari. The rice may also be soaked in water overnight and then cooked to a paste with the addition

of salt, cumin, red chillie powder and asafoetida (the latter two are optional). The paste is pressed through a "Muruku" mould on to a clean cloth and left to dry in the sun. This preparation is known as "Phulvadis" or "Vadagans".

Weight of cooked paapari=77 g.

#### 24. Plain khicheri

##### *Ingredients*

Rice	28 g.
Lentil	28 g.
Bay leaf	0.5 g.
Ghee or Vanaspati	14 g.
Onion	7 g.
Cumin	1 g.
Salt	2 g.
Water	180 ml.

##### *Procedure*

Sliced onion is fried in melted ghee or vanaspati. The cumin and bay leaf are added and stirred for a while. The cleaned and washed rice and lentil are then put in along with water, stirred well and cooked on a slow fire for about 20 minutes till the grains turn soft and water is absorbed.

Khicheri with green gram or Bengal gram dal is prepared in a similar way but without the addition of onions and spices. Sindhis add turmeric to this kind of khicheri.

Weight of cooked khicheri = 196 g.

#### 25. Red gram khicheri

##### *Ingredients*

Rice	56 g.
Red gram	28 g.
Ghee or Vanaspati	14 g.
Turmeric	3 g.
Cloves	0.5 g.
Cumin	1 g.
Cinnamon	1 g.
Coriander seeds	0.5 g.
Salt	7 g.
Water	240ml.

*Procedure*

Turmeric and salt are added to the melted ghee or vanaspati and stirred for a while. Red gram, rice and water are then added and the mixture kept on a slow fire till the grains turn soft and all water is absorbed. Just before it is taken off the fire, powdered cloves, cumin, cinnamon and coriander seed are sprinkled over the khicheri.

Green gram dal may be used instead of red gram dal in which case powdered cardamom is fried instead of turmeric and a little fried cumin and garam masala is sprinkled over the khicheri when done. This preparation is known as "Elaichi khicheri".

Weight of cooked red gram khicheri=252 g.

**26. Rice gruel***Ingredients*

Rice	55
Lime	14 g.
Salt	2 g.
Water	480 ml.

*Procedure*

Cleaned and washed rice is added to boiling water along with a little salt. The rice is cooked till the grains are soft and semisolid in consistency. The mixture is then taken off the fire, mashed thoroughly and lime juice is stirred into it.

Weight of cooked rice gruel =168 g.

**27. Vadi Palao***Ingredients*

Rice	56 g.
Vadies	28 g.
Ghee or Vanaspati	10 g.
Turmeric	0.5 g.
Salt	3 g.
Water	120 ml.

*Procedure*

The vadies are broken into small pieces and fried in ghee or vanaspati till light brown in colour. Cleaned and washed rice, along with salt and turmeric, are put in, stirred well and water is added.

The vessel is covered with a lid and cooking continued till the grains are soft and all the water is absorbed. Vadies can either be bought ready-made or made at home by fermenting a paste of ground black gram and salt for about 24 hours and drying small portions in the sun.

Instead of vadies, chopped, hard boiled eggs may be added just before the palao is taken off the fire. In 'Egg palao' the rice is cooked along with lightly fried onions; cumin and turmeric are not added.

"Onion palao" is also prepared in a similar manner.

Weight of cooked vadi palao=168 g.

## 28. Vatel

### *Ingredients*

Rice flour	56 g.
Oil	28 g.
Sago	28 g.
Green chillies	2 g.
Asafoetida	2 g.
Salt	2 g.
Water	480 ml

### *Procedure*

Rice flour and salt are made into a thin paste with 120ml water. The paste is allowed to ferment for three days. Sago is then soaked in water for about half an hour and then boiled. A ground mixture of green chillies and asafoetida is added to the boiled sago along with the fermented rice paste and the mixture is cooked again till it forms a very thick dough. This dough is pressed through a "Savian" mould in spirals on to a clean cloth and dried in the sun. The vatel may be stored in air-tight tins. When required, the vatel are fried in oil or vanaspati.

This preparation is also known as "Karwara" or "Vadam".

Weight of cooked vatel=112 g,

## 29. Vegetable biryani

### *Ingredients*

Rice	56 g.
Potatoes	7 g.
Beans	7 g.

Onion	7 g.
Cauliflower	7 g.
Peas	14 g.
Green chillies	7 g.
Ghee or Vanaspati	14 g.
Cumin	1 g.
Cardamom	1 g.
Cloves	1 g.
Coconut milk	60 ml.
Salt	7 g.
Water	180 ml.

### *Procedure*

The vegetables are cut into small pieces and fried. Cleaned and washed rice is added to about twice the amount of boiling water. After a minute or so, the fried vegetables are added along with the spices and cooked till the rice grains are soft and all water is absorbed. Coconut milk is then added and cooking continued for a few minutes till the milk is absorbed.

Weight of cooked vegetable biryani = 252 g.

## *II. RECIPES IN COMMON USE IN THE EASTERN REGION*

### *A. 1. SWEETS BASED ON WHEAT*

#### *30. Choshi peetha*

### *Ingredients*

White flour or	56 g.
(Ready prepared savain)	49 g.
Sugar	42 g.
Ghee	3 g.
Milk	360 ml.
Water	22 ml.

### *Procedure*

White flour is made into a stiff dough with water. The dough is divided into very small pieces of savain by hand. The savain pieces are dried in the sun for 2 days. they are then fried in ghee (or they may also be dry roasted), milk added and cooked till the mixture turns semi-solid. Sugar is stirred in last and the preparation taken off the fire at once.

The savain are sometimes fried in ghee, then cooked in water and sugar added.

The preparation is also known as "Savain kheer".

"Savain kheer" is also common in the Punjab. The Punjabis add more milk.

Weight of cooked choshi peetha=339 g.

### 31. Fried "biscuits"

#### *Ingredients*

White flour	56 g.
Ghee or Vanaspati	70 g.
Semolina (suji)	56 g.
Sugar	28 g.
Water	30 ml.

#### *Procedure*

The white flour, semolina and sugar are mixed with 28 g. ghee or vanaspati, and made into a stiff dough. The dough is divided into small balls which are fried in the remainder of the ghee till gold in colour.

Weight of cooked biscuits=224 g.

### 32. Gujia

#### *Ingredients*

White flour	56 g.
Semolina (suji)	42 g.
Khoa	42 g.
Raisins	7 g.
Vanaspati	42 g.
Sugar	3 g.
Almonds	1 g.
Cardamom	1 g.
Water	82 ml.

#### *Procedure*

Sugar is made into a syrup in 60ml. water. Suji is fried in 21g. vanaspati. When the suji is golden brown in colour, khoa is added and fried for some time. The sugar syrup is then stirred in and the mixture cooked till dry (plain sugar can be added instead of syrup). Sliced almonds and powdered cardamom are lastly put in and the vessel taken off the fire and kept aside.

Salt and vanaspati are added to the white flour and made into a stiff dough with the rest of the water. The dough is divided into small balls and rolled out into thin puries. A teaspoon of the suji mixture is placed on each puri and it is folded over into a half moon shape and the edges sealed with a little water. The gujia is then fried in vanaspati till golden brown.

Alternatively the filling can be prepared out of just suji and sugar, and the puri is folded into a square, and closed with a clove. After frying, the gujia is immersed in hot sugar syrup and removed at once.

In Maharashtra, fresh coconut scrapings or copra is also used in the filling.

Weight of cooked gujia=224 g.

### 33. Pathi shapte

#### *Ingredients*

Semolina (suji)	28 g.
White flour	28 g.
Sugar	28 g.
Ghee or Vanaspati	14 g.
Coconut (grated)	14 g.
Cardamom	1 g.
Milk	180 ml.

#### *Procedure*

The above ingredients, with the exception of ghee, are made into a thin paste with milk. A hot tawa is smeared with ghee or vanaspati and a spoonful of the mixture is poured on it and covered with a lid. When cooked on the under-side, it is rolled up and then removed.

Weight of cooked pethi shapte=217 g.

### 34. Peetha

#### *Ingredients*

emolina (suji)	28 g.
White flour	56 g.
Ghee or Vanaspati	21 g.
Sugar	28 g.
Cardamom	1 g.

Raisins	14 g.
Water	120 ml.

*Procedure*

All the ingredients, with the exception of ghee or vanaspati, are mixed well and made into a thin paste. Spoonfuls of the paste are deep fried in hot ghee or vanaspati.

Weight of cooked peetha = 210 g.

**A. 2. SWEETS BASED ON RICE****35. Maalpua***Ingredients*

Rice	56 g.
Sugar	28 g.
Milk	30 ml.
Banana	42 g.
Coconut	7 g.
Cardamom	3 g.
Vanaspati	28 g.
Hot water	7 ml.

*Procedure*

Banana is mashed and mixed with the rice flour. Sugar, powdered cardamom and grated coconut are then added together with milk to form a thick batter. If necessary some hot water is added and the batter is beaten well with the hand or a spoon. Spoonfuls of the batter are fried in heated vanaspati.

Weight of cooked maalpua = 245 g.

**36. Sweet Khicheri***Ingredients*

Rice	56 g.
Bengal gram	14 g.
Sugar	42 g.
Saffron	0.01 g.
Cloves	0.5 g.
Ghee or vanaspati	28 g.
Almonds	7 g.
Raisins	3 g.
Cashew-nuts	7 g.

Bay leaf	One
Cardamom	1 g.
Water	180 ml.

### *Procedure*

Bengal gram is cleaned and soaked overnight. The rice is soaked for an hour before cooking. 14 g. ghee or vanaspati is heated, cloves and bay leaves are added and fried for a while. Then rice and Bengal gram are put in and fried till they turn light brown in colour. Water is added and cooked till grains turn soft and all water is absorbed. Soaked saffron and powdered cardamom are put in next and mixed well. Sugar is sprinkled over the rice which is kept on a slow fire for a few minutes. Just before the khicheri is taken off the fire, the nuts, raisins and remaining ghee or vanaspati are added. Sugar candy (kalakanda) is sometimes used instead of sugar.

Weight of cooked sweet khicheri=252 g.

## B. 1. SAVOURIES BASED ON WHEAT

### 37. Mathi

#### *Ingredients*

Wheat flour	21 g.
White flour	21 g.
Vanaspati	28 g.
Celery seeds	0.3 g.
Salt	1 g.
Water	13 ml.

#### *Procedure*

Salt, celery seeds, white flour and a little of the vanaspati are mixed with the wheat flour and a stiff dough made with water. The dough is divided into small balls and rolled out into thin small chapatie. Each chapatie is cut diagonally into two equal pieces. Each piece is folded into half and the edges sealed with a little water. These triangles are then fried in vanaspati till golden brown.

Instead of a mixture of white flour and wheat flour, white flour alone can be used.

Weight of cooked mathi=77 g.

## B. 2. SAVOURIES BASED ON RICE

## 38. Khicheri (with mutton)

*Ingredients*

Rice	28 g.
Green gram	28 g.
Mutton	56 g.
Onion	28 g.
Ginger	14 g.
Ghee or Vanaspati	28 g.
Turmeric	1 g.
Salt	7 g.
Water	420 ml.

*Procedure*

Onions and ginger are cut into thin slices and added to boiling water along with the mutton. The meat is boiled till soft and about 180 ml. water is left. In another pan, turmeric is fried in ghee or vanaspati, rice and dal put in, stirred and fried for some time. The meat stock and salt are then added to the fried rice and dal, and when the grains are half done the boiled mutton is added and the khicheri is cooked on a slow fire till soft and semisolid.

Weight of cooked khicheri = 308 g.

## 39. Khicheri (with vegetable)

*Ingredients*

Rice	28 g.
Lentils	28 g.
Cumin	1 g.
Potato	14 g.
Cauliflower	14 g.
Peas	14 g.
Onion	14 g.
Bay leaf	0.5 g.
Ghee or Vanaspati	14 g.
Salt	3 g.
Water	300 ml.

*Procedure*

Pieces of cauliflower and potato are fried in ghee or vanaspati. They are removed when done, and sliced onion is fried in

the same pan. Cumin and bay leaf are then added and fried for a few seconds. Next the cleaned and washed rice, dal and peas are put in, stirred and cooked for some time. Water and salt are added, mixed well and the vessel covered with a lid. When it comes to the boil, the fried vegetables are put in and allowed to cook till the grains and the vegetables are very soft and semi solid.

Weight of cooked khicheri=94 g.

#### 40. Pish pash

##### *Ingredients*

Rice	56 g.
Meat (or chicken 112 g.)	56 g.
Ghee or Vanaspati	28 g.
Pepper	1 g.
Cloves	1 g.
Sugar (omit for chicken)	1 g.
Peas	14 g.
Potatoes	28 g.
Cauliflower	14 g.
Onion	28 g.
Cinnamon	0.5 g.
Bay leaf	0.5 g.
Carrots	14 g.
Beetroot	14 g.
Cumin	1 g.
Salt	10 g.
Water	60 ml.

##### *Procedure*

Meat is boiled along with pepper, cloves, bay leaf, cinnamon and cumin till half done (pepper is omitted for chicken pish pash, and 1 g. coriander plus 0.5 g. cardamom are used instead). The beetroot is boiled separately and kept aside. 14 g. onion is sliced and fried in ghee or vanaspati. Potatoes and cauliflower (omit for chicken pish pash) are cut into small pieces and added to the fried onions. The cleaned and washed rice, along with whole onions and peas, are added. Lastly the meat stock, sugar and salt are stirred into the mixture which is allowed to come to the boil. After it boils up once, the half cooked meat is put in and the pan is covered with a lid and kept on a slow fire to simmer. When soft and semi-solid, the contents are taken off the fire,

poured on a plate and garnished with slices of boiled beetroot and carrot. In chicken pish pash, one half of the carrot is cooked along with the rice and the other half is used as garnish.

Weight of cooked pish pash=392 g.

#### 41. Rice chapatie

##### *Ingredients*

Rice	56 g.
Ghee or Vanaspati	3 g.
Salt	1 g.
Hot water	240 ml.

##### *Procedure*

Rice is soaked in water overnight. The next morning, it is finely ground and made into a thick batter by mixing with some hot water, adding the water a little at a time to avoid forming lumps. The batter is then cooked, stirring constantly till all the water is absorbed and a dough is formed. The dough is divided into small balls, which are rolled out in the form of rotis. The rotis are cooked on a tawa (heated iron plate) over which a little ghee or vanaspati has been smeared.

Weight of cooked rice chapatie=105 g.

### III. RECIPES IN COMMON USE IN THE WESTERN REGION

#### A. 1. SWEETS BASED ON WHEAT Bombay paka

##### *Ingredients*

White flour	56 g.
Sugar	112 g.
Vanaspati	56 g.
Milk	60 ml.
Soda	0.3 g

##### *Procedure*

Milk and sugar are boiled together till a thick syrup is formed. This is kept aside. White flour is fried in vanaspati and added along with the soda to the milk syrup. Cooking is continued (stirring all the time) till the mixture starts leaving the sides of the pan. It is then poured on a greased plate and cut into small pieces when set.

Weight of cooked Bombay paka=245 g.

## 43. Cheeroti

*Ingredients*

Semolina (suji) or	
White flour	56 g.
Sugar	28 g.
Sesame (til) oil	14 g.
Ghee or vanaspati	14 g.
Saffron	0.1 g.
Milk	180 ml.
Water	22 ml.
Banana leaves	Two

*Procedure*

Boiling til oil is added to the white flour or suji to which salt has previously been added. A dough is then made, using a little water if necessary. When suji is used the dough has to be pounded in a mortar till soft. Small balls are made out of the dough and rolled out into thin chapaties which are set aside.

Ghee or vanaspati is put into a deep vessel and beaten with the hand till frothy. Four or five chapaties are smeared on one side only with this ghee or vanaspati and then piled one on top of the other (ghee side upwards) and rolled into a long cylinder. The cylinder is placed on a greased banana leaf and pressed with one hand till it becomes flat. This is fried in hot ghee or vanaspati. (After frying, it may be soaked in sweetened milk flavoured with saffron).

Instead of til oil, 7 g. ghee may be added to the white flour and the dough rolled out into a thin chapatie and cut into square pieces which are fried in ghee and then immersed in cold sweetened milk flavoured with cardamom. Nuts and raisins are sometimes added to the milk.

Weight of cooked cheeroti=280 g.

## 44. Gulpoli

*Ingredients*

Wheat flour	56 g.
Bengal gram powder	14 g.
Jaggery	14 g.
Ghee or Vanaspati	14 g.

Sesame (til) oil	7 g.
Sesame (til) seeds	1 g.
Cardamom	1 g.
Rice powder	3 g.
Water	22 ml.

### *Procedure*

Jaggery is scraped and powdered. Bengal gram powder is fried in ghee or vanaspati. The roasted til seeds are also powdered and added along with powdered cardamom and jaggery to the fried Bengal gram powder. A little (7 g.) heated ghee or vanaspati is mixed into this powder and it is set aside.

Wheat flour is then mixed with til and made into a stiff dough with water. The dough is allowed to stand for about 15 minutes and then divided into small balls. Two balls are pressed slightly flat with the hand and a tablespoon of the prepared mixture is placed between them. The edges are sealed and it is rolled out (with the application of rice powder on the sides) into a chapatie and cooked on a tawa till brown.

Weight of cooked gulpoli=140 g.

## 45. Karanji

### *Ingredients*

White flour	56 g.
Wheat flour	28 g.
Sugar powder	28 g.
Coconut	14 g.
Ghee or Vanaspati	49 g.
Nutmeg	1 g.
Poppy seeds	1 g.
Rice Powder	3 g.
Water	22 ml.

### *Procedure*

Wheat flour is fried in 14 g. ghee or vanaspati. The powdered sugar, nutmeg, poppy seeds and scraped coconut are added and the vessel taken off the fire at once and kept aside.

Rice powder is mixed with 7 g. of the ghee in a separate vessel and beaten well; another 7 g. of the ghee is added to the white flour and it is made into a stiff dough with water. The

dough is divided into small balls which are rolled out into tiny chapaties. About a tablespoon of the fried wheat mixture is placed on the half of each chapatie and it is folded over in a semi-circular shape and the edges sealed with a little water. The edges are then cut in an artistic design with a specially made knife. The rice powder paste is smeared on the karanji to give a smooth appearance and it is fried in ghee or vanaspati till light brown in colour.

Sometimes a filling of only coconut and sugar (cooked together) is used and rice flour paste is not smeared on the karanji.

Weight of cooked karanji = 182 g.

#### 46. Ladoo powder

##### *Ingredients*

Wheat flour	56 g.
Sugar powder	28 g.
Ghee or Vanaspati	42 g.
Khoa	28 g.
Pistachionut	3 g.
Cardamom	1 g.
Poppy seeds	1 g.
Almonds	3 g.
Raisins	3 g.
Water	15 ml.

##### *Procedure*

Wheat flour is made into a stiff dough with a little water and 14 g. ghee or vanaspati. The dough is divided into small balls which are fried in ghee or vanaspati. After frying, the balls are crumbled into powder and the rest of the ingredients are mixed into the powder. An additional 7 g. of hot ghee is put into the mixture and mixed well.

Weight of cooked ladoo powder = 154 g.

#### 47. Magmal puri

##### *Ingredients*

Semolina (suji)	70 g.
Bengal gram flour	14 g.
Sugar	70 g.
Vanaspati	38 g.
Saffron	0.1 g.
Water	45 ml.

*Procedure*

56 g. Suji is made into a stiff dough with 7 g. vanaspati and 13 ml. water and kneaded till very soft. Saffron dissolved in water is mixed into the dough and the dough set aside for some time.

The remaining 14 g. suji and Bengal gram flour are roasted in a little vanaspati. 14 g. sugar is added and this 'purnam' is set aside.

Small balls of dough are rolled out into thin puries. The puries are fried in vanaspati and put into thick sugar syrup. They are removed from the syrup after a minute or so and about a tablespoon of the prepared 'purnam' is placed on each puri and it is folded over.

Weight of cooked magmal puri = 182 g.

**48. Milk cake***Ingredients*

Semolina (suji)	56 g.
Sugar	56 g.
Curd	56 g.
Milk	60 ml.
Butter	28 g.
Cardamom	1 g.
Baking powder	0.3 g.

*Procedure*

Suji, curd, milk and sugar are mixed and allowed to stand for about four hours. The melted butter is then added and mixed well. Powdered cardamom and the baking powder are added towards the end. The mixture is put into a greased tin and baked in an oven.

Weight of cooked milk cake = 224 g.

**49. Mutkuli***Ingredients*

Wheat flour (coarse)	56 g.
Sugar	28 g.
Ghee or Vanaspati	14 g.
Water	10ml.

*Procedure*

7 g. melted ghee or vanaspati is added to the flour and made into a stiff dough with a little water. The dough is well

kneaded and divided into small balls. The balls are steamed, then crumbled into powder and mixed with the rest of the ghee and sugar.

Weight of cooked mutkuli=126 g.

## 50. Mutkuli laddoo

### *Ingredients*

Wheat flour	56 g.
Sugar	28 g.
Milk	30 ml.
Ghee or Vanaspati	42 g.
Cardamom	1 g.

### *Procedure*

Wheat flour is made into a stiff dough with milk and 7 g. ghee or vanaspati, kneaded well and fried in 28 g. ghee or vanaspati till gold in colour. The mixture is passed through a wide-meshed sieve. Sugar and cardamom are powdered and added. Lastly, the rest of the ghee or vanaspati is either heated or beaten well and added to the mixture. Balls are then made out of the mixture.

Weight of cooked mutkuli laddoo=138 g.

## 51. Nankhatai

### *Ingredients*

White flour	56 g.
Sugar	28 g.
Ghee or Vanaspati	38 g.
Cardamom	1 g.

### *Procedure*

Ghee is beaten well till it turns white and frothy. White flour, powdered sugar and powdered cardamom are added and mixed well. Small equal sized balls are made out of the dough, flattened slightly and baked in an oven.

Weight of cooked nankhatai =12 g.

## 52. Paaktali cheeroti

### *Ingredients*

White flour	56 g.
Sugar	28 g.
Milk	30 ml.

Rice flour	1 g.
Ghee or Vanaspati	42 g.
Saffron	0.01 g.
Water	30 ml.

### *Procedure*

White flour is made into a stiff dough with milk and allowed to stand for about half an hour. It is then pounded in a mortar. The dough is divided into three balls which are rolled out separately into chapaties. 7 g. Vanaspati or ghee is beaten till frothy and rice flour is mixed into it. One of the chapaties is placed on a wooden board and a little of the vanaspati and rice mixture is smeared on it. A second chapatie is placed on top of the first and that also is smeared with the rice mixture. The process is repeated with the third chapatie also. The stacked chapaties are then rolled into a cylinder and cut into small pieces which are rolled out once again with the cut side down into small chapaties.

These chapaties are fried in vanaspati. Sugar is made into a syrup in 15 ml. water and a little saffron is added. The fried chapaties are immersed in the syrup.

Sometimes icing sugar is sprinkled on the fried chapatie and no syrup is used.

Weight of cooked paaktali cheeroti=140 g.

## 53. Puran poli

### *Ingredients*

White flour	56 g.
Bengal gram	28 g.
Jaggery	42 g.
Coconut (grated)	14 g.
Ghee or Til oil	42 g.
Water	200 ml.
Banana leaves	Two

### *Procedure*

Bengal gram is boiled in a little water till soft. Jaggery is dissolved in a separate vessel in 8 ml. water. Grated coconut and cooked Bengal gram are added to it and mixed well. The mixture is divided into small balls and set aside.

21 g. oil is added to white flour and made into a dough with 15 ml. water. A little grease is applied to the palms of the hands and the dough is made into small balls. A hollow is made in each ball and a ball of Bengal gram is placed in each hollow and enclosed. The balls are then put on a greased banana leaf flattened slightly and placed on a greased tawa. Some oil or ghee is poured around the edges and the poli is cooked till brown on both sides.

Weight of cooked puran poli=196 g.

#### 54. Satu kaa peeth

##### *Ingredients*

Wheat	56 g.
Bengal gram	28 g.
Sugar	28 g.
Ghee or Vanaspati	14 g.

##### *Procedure*

Wheat and Bengal gram are soaked in water for a day. The next day, they are dried in the sun, roasted and finely powdered. This powder is mixed with ghee and sugar before serving.

Weight of cooked satu kaa peeth=126 g.

#### 55. Shakarpara

##### *Ingredients*

Wheat flour	56 g.
Sugar	28 g.
Ghee or Vanaspati	105 g.
Water	15 ml.

##### *Procedure*

Sugar is dissolved in water. About 7 g. ghee or vanaspati is added to the wheat flour and made into a dough with the sugar syrup. The dough is well kneaded and rolled out into a thin, round chapatie. The chapatie is cut into small, diamond shaped pieces and fried in hot ghee or vanaspati.

Weight of cooked shakarpara=182 g.

#### 56. Shakarpara-chi-wadi

##### *Ingredients*

Wheat flour	56 g.
White flour	56 g.

Sugar	56 g.
Ghee or Vanaspati	49 g.
Baking soda	0.5 mg.

### *Procedure*

Ghee is melted and mixed with the sugar. The mixture should be very smooth and resemble a flour paste. Wheat flour, baking soda and white flour are mixed together and added a little at a time to the sugar mixture and well beaten. A pan is smeared with ghee and the mixture is poured into the pan, spread out thinly and baked in an oven.

Weight of cooked shakarpara-chi-wadi=266 g.

## 57. Suji Biscuits

### *Ingredients*

Semolina (suji)	56 g.
Sugar powder	56 g.
White flour	56 g.
Milk	90 ml.
Ghee or Vanaspati	70 g.
Edible camphor	0.1 g.
Baking powder	1 g.
Saffron	0.5 g.

### *Procedure*

Suji is made into a paste with milk and allowed to stand for an hour. The rest of the ingredients are then added to the suji paste and mixed well. Baking powder is added last. The dough is rolled out to a quarter inch thickness and cut into different shapes with a biscuit cutter and baked in an oven.

In the Punjab, wheat flour is used instead of white flour

Weight of the cooked suji biscuits=350 g.

## 58. Surat khaari

### *Ingredients*

White flour	84 g.
Bengal gram flour	28 g.
Sugar	28 g.
Khoa	14 g.
Charoli	1 g.

Cashew-nuts	3 g.
Pistachio-nut	1 g.
Raisins	1 g.
Cardamom (powder)	1 g.
Ghee or Vanaspati	70 g.
Water	34 ml.

### *Procedure*

Bengal gram flour is fried in 28 g. ghee or vanaspati till golden-brown. Khoa is added next and fried for some time. The mixture is then taken off the fire, raisins, nuts and powdered sugar added and mixed well; after which the mixture is kept on the fire once again for a minute, cardamom added and then taken off the fire.

White flour is made into a dough with a little ghee or vanaspati and water, The dough is divided into equal, small portions which are rolled out into thin puries. About a spoon of purnam (Bengal gram mixture) is placed on each puri. It is folded over and the edges sealed with water. The puffs are then fried in vanaspati till light brown in colour.

Weight of cooked surat khaari=238 g.

## **59. Sweet thaalipeeth**

### *Ingredients*

Wheat flour	28 g.
Jaggery	84 g.
Pumpkin	168 g.
Ghee or Vanaspati	42 g.
Salt	0.5 g.
Water	30 ml.

### *Procedure*

Peeled and sliced pumpkin is cooked in a little water till very soft. It is then mashed well; salt, powdered jaggery and wheat flour are mixed into it and made into a thick paste. A hot tawa is smeared with ghee or vanaspati and about two tablespoons of the paste are poured on it and spread evenly. A few holes are made in the paste as it cooks, with the handle of a spoon, and about a teaspoon of ghee or vanaspati is poured on it and spread into them. A little ghee or vanaspati is also put around the sides and the thaalipeeth is covered and cooked on both sides till golden-brown in colour.

This paste can also be made into puries and deep fried in ghee or vanaspati.

Weight of cooked sweet thaalipeeth=308 g.

## A. 2. SWEETS BASED ON RICE

### 60. Adrasvada

#### *Ingredients*

Rice	56 g.
Jaggery	56 g.
Coconut milk	60 ml.
Cardamom	1 g.
Ghee or vanaspati	14 g.

#### *Procedure*

The washed rice is dried, powdered and mixed with jaggery and coconut milk. This mixture is cooked till thick, taken off the fire and powdered cardamom added. Ghee is heated in another pan and small portions of the mixture are deep fried in the form of vada.

Weight of cooked adrasvada=133 g.

### 61. Anarasa

#### *Ingredients*

Rice	56 g.
Jaggery	28 g.
Ghee or vanaspati	28 g.
Poppy seeds	7 g.

#### *Procedure*

The cleaned and washed rice is soaked for three days in water. The water, in which it is soaked, is changed every day. On the fourth day the water is drained and the grains are spread on a cloth to dry. They are then pounded and mixed with jaggery and about 7 g. ghee or vanaspati. This mixture can be kept for a number of days. When needed, a small portion of the mixture is rolled into a thin round chapatie. One side of the chapatie is placed on poppy seeds spread out on a board or lid so that the seeds stick to the chapatie. The chapatie is fried in ghee.

Weight of cooked anarasa=112 g.

## 62. Banana vada

*Ingredients*

Rice flour	56 g.
Jaggery	56 g.
Banana, papaya or pumpkin	56 g.
Salt	0.5 g.
Vanaspati	14 g.

*Procedure*

Banana is mashed and mixed with salt and powdered jaggery. The mixture is heated till it boils. It is then taken off the fire, the rice flour is added and mixed well. Spoonfuls of the mixture are then fried in heated vanaspati in the form of vadas.

Weight of cooked banana vada=175 g.

## 63. kadhiele

*Ingredients*

Rice flour	56 g.
Jaggery	56 g.
Coconut milk	60 ml.
Cardamom	1 g.
Water	120 ml.

*Procedure*

Jaggery is made into a syrup in 30 ml. water. Rice flour is made into paste with the rest of the water. The paste is added to the Jaggery syrup and the mixture is cooked till quite thick. Finally coconut milk and the powdered cardamom are added to the cooked paste and it is taken off the fire at once.

Weight of cooked kadhiele=280 g.

## 64. Modak

*Ingredients*

Rice flour	56 g.
Sugar	21 g.
Coconut	28 g.
Cardamom	1 g.
Salt	0.5 g.
Water	84 g.

*Procedure*

Water is brought to the boil and the rice powder is added and stirred well. The vessel is then covered and kept on the fire till the water comes to the boil once more and the rice cooks to a thick paste. It is then taken off fire and when slightly cool, well kneaded. The dough is divided into small equal portions and rolled out into thin chapaties. Grated coconut, powdered cardamom and sugar are mixed together. A small portion of this mixture is placed on a half of each chapatie, the other half is folded over and edges are sealed by the application of a little water. The modaks are then steam-cooked in an "Iddli" vessel or other similar vessel.

Weight of cooked modaks=196 g.

## 65. Rice halwa (Khanvi)

*Ingredients*

Rice	28 g.
Sugar	28 g.
Coconut (grated)	28 g.
Ghee or Vanaspati	10 g.

*Procedure*

Rice is washed, dried and powdered. The rice powder is fried in melted ghee or vanaspati till it turns brown in colour and emits a flavour. Sugar syrup or just sugar and water are added to the rice powder and it is cooked, stirring all the time till quite thick. A plate is smeared with a little ghee or vanaspati and the halwa is poured on it. Grated coconut is spread over the halwa. The halwa is cut into diamond shaped pieces when set.

The rice is sometimes soaked in water overnight and then pounded. Grated coconut may also be pounded and added along with almonds and powdered cardamom to the halwa just before it is taken off the fire. Saffron is sometimes used to give colour and flavour to the halwa.

Weight of cooked rice halwa=126 g.

## 66. Rice laddoo

*Ingredients*

Rice	56 g.
Powdered sugar	28 g.
Ghee or Vanaspati	28 g.

*Procedure*

Cleaned and washed rice is dried and roasted in a pan till brown. The rice is powdered and along with the sugar powder it is mixed with the melted ghee or vanaspati and made into small balls.

Weight of cooked rice laddoo=112 g.

**67. Shakarpara-chi-wadi***Ingredients*

Rice flour	84 g.
White flour	56 g.
Sugar (powdered)	48 g.
Ghee	56 g.

*Procedure*

The rice flour and wheat flour are sieved together through a fine meshed sieve. Sugar is mixed with ghee and well beaten. The sieved flour is added to the ghee and sugar mixture and thoroughly mixed. A little ghee is applied to a pan and the mixture poured into it, and baked in oven for about half an hour till done. The preparation is cut into small pieces after cooling.

Weight of cooked shakarpara-chi-wadi=273 g.

**68. Zibrutenchi kheer***Ingredients*

Rice	56 g.
Rice flakes	56 g.
Jaggery	112 g.
Coconut	56 g.
Ghee or Vanaspati	28 g.
Coconut milk	60 ml.
Water	300 ml.

*Procedure*

The rice flakes are soaked in water for about ten minutes and then powdered together with the rice and scraped coconut. The powder is boiled in 240 ml. water to a thick paste. This paste is divided into small balls. The balls are either fried in vanaspati or steamed over boiling water. Jaggery is made into a syrup in 120 ml. water and the fried balls are added and boiled for about five minutes. Coconut milk is added before the preparation is taken off the fire.

Weight of cooked zibrutenchi kheer=770 g.

## B. 1. SAVOURIES BASED ON WHEAT

## 69. Buttermilk cake

*Ingredients*

Semolina (suji)	28 g.
Butter milk	45 ml.
Ginger	2 g.
Coriander leaves	1 g.
Asafoetida	0.5 g.
Green chillies	1 g.
Coconut	7 g.
Mustard	0.5 g.
Sesame (til) oil	3 g.
Salt	1 g.

*Procedure*

Suji is soaked in buttermilk for two hours. It is then stirred well. Sliced ginger and green chillies along with salt are added to it. The mixture is baked in a greased dish in an oven. A seasoning of mustard and asafoetida is poured on top of the cake. Scraped coconut and chopped coriander leaves are strewn over the cake as a garnish.

Weight of cooked buttermilk cake=77 g.

## 70. Ghawan

*Ingredients*

Wheat flour	56 g.
Ghee or Vanaspati	14 g.
Salt	1.5 g.
Water	120 ml.

*Procedure*

All the ingredients, with the exception of ghee, are mixed together and made into a thick paste. An iron tawa is heated and a little ghee or vanaspati is smeared on it. Then a curry-spoon of the mixture is poured and spread evenly on the heated tawa. The tawa is covered with a lid and after short time the ghawan is turned and cooked on both sides till quite brown in colour.

Weight of cooked ghawan=117g.

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## 71. Savian uppuma

*Ingredients*

Savian	56 g.
Peas	98 g.
Onion	28 g.
Vanaspati or oil	14 g.
Coriander leaves	0.5 g.
Bengal gram	1 g.
Black gram	1 g.
Curry leaves	0.5 g.
Green chillies	2 g.
Mustard	0.5 g.
Turmeric powder	0.3 g.
Salt	2 g.
Water	120 ml.

*Procedure*

The savian is fried in a little (3g.) oil and set aside. Some more oil is heated and mustard added; after a minute or two the grams are put in and fried till gold in colour. Green chillies and chopped onions are then added and fried. Lastly the rest of the ingredients and water (with the exception of savian) are put in and cooking continued on a slow fire. When the peas turn quite soft, the fried savian is added. cooked till the water is absorbed and taken off the fire when done.

In the place of savain, suji can be used, in which case a little chopped ginger is fried instead of Bengal gram and black gram. The coriander leaves are chopped and used along with a little scraped coconut as a garnish and some lime juice is added after the uppuma is taken off the fire.

Weight of cooked savain uppuma=234 g.

## 72. Thaalipeeth

*Ingredients*

Wheat flour	56 g.
Coriander leaves	1 g.
Cumin	1 g.
Sesame (til) oil	14 g.
Chillie powder	0.5 g.
Salt	1 g.
Water	30 ml.

*Procedure*

Coriander leaves are chopped and added along with salt, chillie powder and cumin to the wheat flour. Til oil is also added and the mixture is made into a dough. The dough is divided into small balls. A tawa is heated and a little oil is poured on it. A ball of dough is placed on the tawa and flattened with the fingers. Five holes are pierced in the chapatie by means of a pointed knife and some oil is poured into these holes. Oil is poured on the edges as well and the chapatie is cooked on both sides.

Weight of cooked thaalipeeth=84 g.

**73. Tikheth-mithachi karanji***Ingredients*

White flour	56 g.
Milk	30 ml.
Coriander leaves	1 g.
Coconut	14 g.
Sesame (til) seeds	1 g.
Onion	28 g.
Oil	7 g.
Ghee or Vanaspati	14 g.
Salt	1 g.
Ginger	3 g.

*Procedure*

White flour is made into a stiff dough with milk and set aside for half an hour. It is then pounded in a mortar and divided into small equal sized balls which are rolled out into small chapaties.

The onions are sliced and fried in 7 g. oil. Til seeds are dry roasted on the fire and added to the onions. Chopped ginger and coriander leaves, grated coconut and salt are also added and mixed well. A spoon of this mixture is placed on each chapatie and it is folded over with the purna inside. The edges are sealed with water and cut with a 'Karanji'. The puffs are deep fried in hot ghee or vanaspati.

Weight of cooked tikheth-mithachi karanji=147 g.

**74. Uppuma***Ingredients*

Semolina (suji)	56 g.
Oil	14 g.

Onion	28 g.
Turmeric	0.3 g.
Salt	2 g.
Water	90 ml.

### *Procedure*

Chopped onions are fried in oil till they turn light brown in colour. The suji is then added and fried for a while. Turmeric and salt are put in next and fried for a few seconds stirring all the time. Hot water is then added and the vessel is covered and uppuma allowed to cook on slow fire till the grains are soft and water is absorbed.

Instead of suji, broken wheat may be used, in which case cashew-nuts, cumin and pepper are fried in vanaspati and added towards the end. Onion is sometimes omitted. This is known as "Rawa pongal".

Weight of cooked uppuma=147 g.

## 75. Wheat flour chakali

### *Ingredients*

Wheat flour	56 g.
Ghee or vanaspati	77 g.
Chillie powder	0.5 g.
Salt	1 g.
Water	15 ml.

### *Procedure*

Wheat flour is steamed in a cloth over boiling water and removed when it swells. Salt, chillie powder and 3g. ghee or vanaspati are added. The mixture is made into a stiff dough with water and passed through a "Sorya" mould into hot ghee or vanaspati in round spirals and fried till gold in colour.

Weight of cooked wheat flour chakali=112g.

## B. 2. SAVOURIES BASED ON RICE

### 76. Chewra (with sev)

### *Ingredients*

Puffed rice	50 g.
Roasted Bengal gram	50 g.

Basen sev	50 g.
Pepper	0.5 g.
Turmeric	1 g.
Oil	14 g.
Red chillies	1 g.
Fried groundnuts	14 g.
Coriander leaves	1 g.
Green chillies	1 g.
Salt	1 g.

### *Procedure*

Groundnuts are fried in hot oil. They are then removed and green chillies are fried in the same oil. Red chillies and turmeric are added next and fried till they change colour. The rest of the ingredients (with the exception of coriander leaves) are now put in, mixed well and the chewra taken off the fire. Lastly coriander leaves are added.

Weight of cooked chewra=210 g.

## 77. Dhokla

### *Ingredients*

Rice	28 g.
Curd	168 g.
Bengal gram	28 g.
Black gram	3 g.
Ginger	2 g.
Turmeric	0.5 g.
Red chillies	1 g.
Oil	0.5 g.
Salt	10 g.

### *Procedure*

Bengal gram, black gram and rice are washed, dried and coarsely powdered. The powder is soaked in curd overnight. In the morning, slices of ginger and the rest of the condiments are added to the powder and mixed well. Some water is kept boiling in a vessel. Small steel plates are oiled and the mixture is poured into them. The plates are kept in the water and the pan is covered with a well fitting lid. The dhoklas are then steamed for about half an hour till done. (There is a special pan available for the preparation of dhokla).

Weight of cooked dhokla=280 g.

## 78. Dosai

*Ingredients*

Rice flour (parboiled)	56 g.
Black gram flour	28 g.
Wheat flour	56 g.
Chillie powder	3 g.
Oil	56 g.
Salt	7 g.
Water	480 ml.

*Procedure*

The three flours are mixed well and made into a thin paste with water. This paste is allowed to stand overnight and then chillie powder and salt are added. A little turmeric may also be added. A tawa or iron plate is heated and smeared with oil. A tablespoon of the paste is poured on it and spread evenly. The tawa is covered with a lid for a few seconds and the dosai is then turned and cooked on both sides.

Weight of cooked dosai=280 g.

## 79. Gharvada

*Ingredients*

Rice flour	56 g.
Curd	84 g.
Red chillie powder	1 g.
Coriander leaves	1 g.
Ginger	7 g.
Coriander seed	0.5 g.
Oil	28 g.
Salt	1 g.

*Procedure*

Rice flour is soaked in curd for about eight hours. Sliced ginger, chopped coriander leaves and coriander seed powder and other ingredients, with the exception of oil, are then added to the rice mixture. Oil is heated in a pan and small portions of the mixture are fried like vadas.

A slightly different preparation using the same ingredients may be made by first boiling whole rice grams and then soaking the rice in curd for about an hour. Powdered coriander seeds

and red chillie powder are then fried in oil and the rest of the ingredients, including a little turmeric, are added to the soaked rice and cooked for about 5 minutes.

Weight of cooked gharvada=189 g.

### 80. Kanki

#### *Ingredients*

Broken rice	56 g.
Curd	14 g.
Cumin	1 g.
Salt	1 g.
Water	120 ml.

#### *Procedure*

Broken rice is boiled in water till the water is absorbed. Then curd, cumin and salt are added and the mixture is cooked again till it becomes semi-solid.

Weight of cooked kanki=224 g.

### 81. Kaya vada

#### *Ingredients*

Rice flour	70 g.
Coconut milk	38 ml.
Oil	14 g.
Salt	1 g.

#### *Procedure*

Rice flour is mixed with coconut milk and made into a thick dough. Salt is added and small balls of the dough in the form of vadas are deep fried in a 'Karai' till golden-brown in colour.

Weight of cooked kaya vada=98 g.

### 82. Kharri bhaat

#### *Ingredients*

Rice	56 g.
Oil	7 g.
Ghee or Vanaspati	7 g.
Asafoetida	1 g.
Bay leaf	0.5 g.
Potato	28 g.
Brinjal	28 g.

Coriander leaves	1 g.
Turmeric	1 g.
Red chillie powder	1 g.
Cloves	0.5 g.
Mustard	1 g.
Cumin	1 g.
Green chillies	1 g.
Onion	28 g.
Radish	28 g.
Salt	2 g.
Water	180 ml.

### *Procedure*

Oil is heated and ghee or vanaspati is added to it. When the oil turns very hot, mustard is thrown in and as it starts spluttering powdered asafoetida is added. Next cumin and cloves are put in and fried a little. Chopped green chillies, red chillie powder and turmeric are put in next and fried. Lastly bay leaves are added. Then the soaked and drained rice and chopped vegetables are added to the masala and fried for sometime. Finally a little salt and water are added, stirred and the vessel is covered tightly with a lid. Cooking is continued for about half an hour on a slow fire, stirring off and on. When well cooked and water absorbed, the preparation is taken off the fire.

Weight of cooked kharri bhaat=322g.

### 83. Kicheri (with curd)

#### *Ingredients*

Rice	56 g.
Green gram	3 g.
Sugar	28 g.
Curd	7 g.
Ghee or Vanaspati	3 g.
Turmeric	0.5 g.
Mustard	0.5 g.
Cumin	1 g.
Coriander seeds	0.5 g.
Cinnamon	0.5 g.
Cloves	0.25 g.
Salt	2 g.
Water	240 ml.

*Procedure*

Vanaspati or ghee is heated in a pan, mustard and turmeric are added and fried for a minute. The cleaned and washed rice and green gram are then put in and fried for a short while after which water and sugar are added. Curd and salt are added five minutes after the water comes to the boil. Coriander seeds, cumin, cinnamon and cloves are powdered. When a little water is left in the khicheri, the masala powder stirred in and cooking continued till grains are soft and water absorbed.

Weight of cooked khicheri=294 g.

**84. Paankie***Ingredients*

Rice flour	56 g.
Seasame (til) oil	2 g.
Green chillies	3 g.
Asafoetida	0.5 g.
Curd	84 g.
Turmeric	0.5 g.
Garlic	2 g.
Ginger	2 g.
Salt	1 g.
Banana leaves	Two

*Procedure*

Garlic and ginger are peeled and sliced thinly. Green chillies are cut into small pieces. All the ingredients (with the exception of banana leaves and oil) are added to rice flour and made into a thick paste with curd. The mixture is spread on oiled banana leaf and put on a heated iron plate (tawa) and covered with a lid. After about five minutes the paankie is uncovered, turned, covered again and cooked for another minute till light brown on both sides.

Weight of cooked paankie=126 g.

**85. Poha***Ingredients*

Rice flakes	56 g.
Sugar	28 g.
Peas or potatoes(optional)	56g.
Onion	28 g.
Mustard	1 g.

Coconut	7 g.
Ghee or oil	3 g.
Turmeric	1 g.
Asafoetida	1 g.
Lime juice	8 ml.
Green chillies	3 g.
Salt	3 g.
Water	120 ml.

### *Procedure*

The cleaned rice flakes are washed and set aside for about ten minutes. Sliced onion is fried till brown in mustard oil or ghee. Powdered asafoetida, pieces of green chillies and mustard seeds are added and fried for a few seconds. Peas are put in along with turmeric, salt and cooked till soft. The washed rice flakes are then added, mixed well and cooked for a few seconds. Sugar is added and the poha is taken off the fire. Lastly, grated coconut and lime juice are mixed into the poha. When potatoes are to be added, they are first boiled and then cut into small pieces before adding.

The people of Tamilnadu called it 'Awal' and sometimes do not add sugar-Lime juice and onion are also omitted and chopped ginger and coriander leaves are used instead.

Weight of cooked poha=308 g.

## *IV. RECIPES IN COMMON USE IN THE EASTERN REGION*

### *A. 1. SWEETS BASED ON WHEAT*

#### *86. Balushai*

#### *Ingredients*

White flour	56 g.
Sugar	56 g.
Butter	28 g.
Curd	7 g.
Ghee or Vanaspati	23 g.
Soda	0.3 g.
Pistachio-nut	7 g.
Water	16 ml.

#### *Procedure*

A stiff dough is made out of flour, curd, butter and soda. The dough is divided into small balls which are flattened with the hand. These balls are fried in ghee or vanaspati till light

brown in colour. They are then set aside and a thick sugar syrup is made. The fried balls are immersed in the syrup for a few seconds and removed. They are now allowed to cool so that the sugar with which they are coated, crystalizes. The balls are decorated with sliced pistachio-nut just before they cool completely.

Weight of cooked balushai=161 g.

### 87. churi

#### *Ingredients*

Wheat	56 g.
Sugar	14 g.
Ghee	21 g.
Water	30 ml.

#### *Procedure*

When flour is made into a dough with water. The dough is rolled into a thick chapatie and cooked on a hot tawa without the addition of any fat. It is removed when light brown in colour and mashed with the addition of some ghee and sugar.

Weight of cooked churi=98 g.

### 88. Goja

#### *Ingredients*

White flour	56 g.
Sugar	49 g.
Ghee or vanaspati	14 g.
Salt	0.5 g.
Water	75 ml.

#### *Procedure*

Sugar is made into a syrup in 45ml. water and set aside. White flour is mixed with salt and about 1 g. ghee or vanaspati and made into a stiff dough in 30 ml. water. The dough is divided into small balls which are rolled out into thin chapaties. Each chapatie is cut diagonally with a knife every quarter of an inch leaving both ends intact. The ends are then held in both hands and twisted into the shape of flower. The goja is fried in vanaspati, then immersed in sugar syrup and removed at once.

Weight of cooked goja=105 g.

## 89. Halwa paratha

*Ingredients*

Wheat flour	56 g.
Semolina (suji)	21 g.
Sugar	21 g.
Ghee or Vanaspati	28 g.
Water	101 ml.

*Procedure*

Sugar is made into a syrup with 8 ml. water. Suji is fried in 21g. ghee or vanaspati and when it turns brown in colour the syrup is added and the mixture is cooked till very thick (edible yellow colour is sometimes added at this stage). Wheat flour is then made into a dough with water and divided into small balls. Each ball is stuffed with a little of the halwa, then rolled out into a thin chapatie and fried with a little ghee on a hot tawa.

A different kind of halwa paratha can be prepared by making the halwa out of equal amounts of suji and sugar and adding twice the amount of wheat flour as suji. The wheat flour is added to the halwa after it cools and chapaties are made out of the dough as above.

Weight of halwa paratha=161 g.

## 90. Jaggery roti

*Ingredients*

Wheat flour	56 g.
Jaggery	28 g.
Ghee or Vanaspati	28 g.
Water	37 ml.

*Procedure*

Jaggery is dissolved in water and strained through a muslin cloth. Ghee or vanaspati (7 g.) is added to the wheat flour and mixed well (optional). The jaggery water is then added to the wheat flour and the mixture is made into a stiff dough. The dough is divided into small portions and rolled out into thick chapaties. An iron tawa is heated and each chapatie is fried on both sides with ghee or vanaspati.

Weight of cooked jaggery roti=126 g.

## 91. Jalebi

*Ingredients*

White flour	56 g.
Sugar	28 g.

Vanaspati	14 g.
Yeast	0.1 g.
Water	112 ml.

### *Procedure*

White flour is made into batter with 68 ml. water. Yeast soaked in water is added to the batter and it is allowed to stand overnight. The next morning, sugar is made into a syrup with 44ml. water. A hole is made in a coconut shell or a thick cloth and the batter is poured into this container and allowed to flow through the hole in spiral forms into hot vanaspati. The circles are well fried till gold in colour, then immersed in sugar syrup and removed at once.

Weight of cooked jalebi=126 g.

## 92. Kungania

### *Ingredients*

Wheat	56 g.
Sugar or brown sugar	56 g.
Ghee or Vanaspati	14 g.
Water	960 ml.

### *Procedure*

Wheat is boiled in water till soft. The water is then decanted and ghee and sugar are added to the wheat grains (after taking it off the fire).

Poppy seeds may also be added along with sugar and ghee.

Weight of cooked kungania=280 g.

## 93. Leepie

### *Ingredients*

Broken wheat	56 g.
Jaggery	42 g.
Cardamom	1 g.
Ghee or Vanaspati	21 g.
Water	150 ml.

### *Procedure*

Broken wheat is fried in half of the ghee or vanaspati and water is added. It is then kept cooking on a slow fire till the

grains are soft, when it is removed and set aside. Jaggery is dissolved in 30 ml. water and strained through a muslin cloth. The jaggery syrup along with the remainder of the ghee or vanaspati is added to the cooked wheat. It is placed once more on the fire and boiled till the liquid is absorbed. (The grains should not stick together but be separate like that of Sweet Rice). Powdered cardamom is then added and leepie is taken off the fire.

Sugar may be used instead of jaggery.

Weight of cooked leepie = 224 g.

#### 94. Maalpua

##### *Ingredients*

Wheat flour	56 g.
Sugar	28 g.
Ghee	21 g.
Water or milk	120 ml

##### *Procedure*

All the ingredients with the exception of ghee are mixed well and made into a rather thick paste. Ghee is heated in a deep vessel and spoonfuls of the mixture are fried in the hot ghee till quite brown on both sides.

Weight of cooked maalpua = 154 g.

#### 95. Nashashta

##### *Ingredients*

Wheat	56 g.
Nashasta	28 g.
Sugar	28 g.
Almonds	3 g.
Ghee	14 g.
Pistachio-nut	3 g.
Water	180 ml.

##### *Procedure*

Wheat is soaked for four days in water. The water is changed every day and on the fifth day the wheat is finely ground and the milk is extracted. The pooled milk is dried in the sun. When dry, the residue is powdered. This powder (nashasta) can be kept for a number of days.

The prepared nashasta is fried in ghee till brown. Either thick sugar syrup or powdered sugar is added and it is taken off the fire at once and poured into a greased dish. The preparation is decorated with chopped nuts and cut into small diamond shaped pieces when set.

Weight of cooked nashasta=77 g.

## 96. Panjiri

### *Ingredients*

Semolina (suji)	56 g.
Sugar	42 g.
Ghee	42 g.
Almonds	7 g.
Raisins	7 g.
Cardamom (powdered)	0.5 g.

### *Procedure*

Almonds are soaked in water, peeled and sliced. Suji is fried in ghee till quite brown. It is then taken off the fire and powdered sugar added. The nuts, powdered cardamom and raisins are added and mixed well.

Weight of cooked Panjiri=154 g.

## 97. Pathura

### *Ingredients*

Wheat flour	84 g.
Jaggery	28 g.
Vanaspati	21 g.
Water	33 ml.

### *Procedure*

Wheat flour is made into a stiff dough with water and allowed to stand overnight. The next morning, jaggery is dissolved in 4 ml. water and the dough is kneaded with this liquid. When well mixed, the dough is divided into small portions which are rolled out into puries with the application of a little vanaspati. The puries are fried in vanaspati till brown in colour.

Weight of cooked pathura=168 g.

## 98. Pura

### *Ingredients*

Wheat flour	56 g.
Sugar	28 g.

Aniseed (saunf)	2.5 g.
Vanaspati	21 g.
Water	75 ml.

### *Procedure*

Wheat flour is mixed with saunf. Sugar is dissolved in water and the syrup added to the flour. A thin batter is made and allowed to stand for about ten minutes. A tawa is heated and a little vanaspati is smeared on it. About a tablespoon of the mixture is poured at a time and spread evenly on the tawa like a dosai. A little vanaspati is poured around the edges and the pura is turned and cooked on both sides.

Weight of cooked pura=122 g.

## 99. Pinni

### *Ingredients*

Wheat flour	56 g.
Sugar	28 g.
Khoa	56 g.
Ghee	28 g.
Raisins	7 g.

### *Procedure*

Wheat flour is roasted in ghee to a golden colour. Khoa is added and the roasting continued for a few minutes. The powdered sugar along with raisins is then put in, mixed and allowed to cool. The mixture is made into small balls.

Weight of cooked pinni=168 g.

## 100. Seera

### *Ingredients*

Wheat flour	56 g.
Sugar	28 g.
Ghee or Vanaspati	28 g.
Cardamom	1 g.
Milk	360 ml.

### *Procedure*

Wheat flour is fried in ghee or vanaspati. When half fried powdered cardamom is added. When well fried, the milk is added

(a little at a time). When all the milk is absorbed, sugar is added and cooked till it turns semisolid.

Weight of cooked seera = 438 g.

### 101. Shakarpara (sweet)

#### *Ingredients*

White flour	56 g.
Jaggery or Sugar	56 g.
Ghee or Vanaspati	7 g.
Salt	0.3 g.
Water	60 ml.

#### *Procedure*

White flour is mixed with salt and made into a stiff dough with a little water. Jaggery is made into a very thick syrup with water. The dough is shaped into a thin long roll with the hands. It is then cut into inch long pieces and fried in vanaspati. The fried pieces are immersed in the jaggery syrup and removed at once. The jaggery should crystallise on the pieces.

Weight of cooked shakarpara = 119 g.

### 102. Sohan Halwa

#### *Ingredients*

Wheat	56 g.
Sugar	168 g.
Ghee	42 g.
Almonds	7 g.
Pistachionut	7 g.
Cardamom	1 g.
Water	350 ml.

#### *Procedure*

Wheat is soaked in water for four days. The water in which it is soaked is changed every day. On the fifth day, it is ground very fine and the milk extracted. Some more water is then added and milk extracted a second time. Ghee is heated and the wheat milk is fried in it till it turns brown and develops a pronounced flavour. A thick syrup is made out of sugar and 15 ml. water. This syrup is added to the fried wheat milk and mixed well. It is then poured on to greased plates. Peeled,

sliced almonds and pistachio nuts are strewn over the halwa. When it sets, the plates are warmed slightly and the halwa will-slip off the plate in the form of a round disc.

Weight of cooked sohan halwa = 336 g.

### 103. Sweet dalia

#### *Ingredients*

Broken wheat	56 g.
Sugar	56 g.
Milk	960 ml.
Water	480 ml.

#### *Procedure*

Broken wheat is added to boiling water and cooked on a slow fire till soft and semi-solid. Milk is added and cooking continued for some time. It is then taken off the fire and sugar added and mixed well.

Milk is sometimes omitted and instead broken wheat is fried in 21 g. Vanaspati till brown, water added and cooking continued till grains turn soft. 42 g. sugar is then put in and the porridge is cooked till semi-solid in consistency.

Alternatively, 21 g. jaggery (dissolved in 30 ml. water) and 7 g. ghee can be added to boiled broken wheat and cooking continued as above.

Weight of cooked sweet dalia=462 g.

### 104. Sweet mathi

#### *Ingredients*

Wheat flour	56 g.
Jaggery	28 g.
Vanaspati	35 g.
Saunf	0.5 g.
Water	15 ml.

#### *Procedure*

Jaggery is powdered and soaked in water till it dissolves. A little vanaspati and saunf are added to the flour and it is made into a stiff dough with the jaggery water. The dough is divided

into small balls which are rolled out into puries; the puries are pierced with fork and then deep fried in vanaspati till golden brown in colour.

Sugar is used sometimes instead of jaggery.

Weight of cooked sweet mathi=126 g.

### 105. Sweet roti

#### *Ingredients*

Wheat flour	56 g.
Sugar	14 g.
Vanaspati	21 g.
Water	30 ml.

#### *Procedure*

Wheat flour is made into a dough with water. A small portion of dough is rolled out into a chapatie and a little vanaspati is spread on it. Some sugar is then sprinkled over it and it is folded in half. A little more vanaspati is spread on the folded side and it is folded once again and rolled out into a small roti. This roti is fried on a tawa with a little vanaspati till brown.

Weight of cooked sweet roti=98 g.

### 106. Sweet samosa

#### *Ingredients*

White flour	56 g.
Sugar	49 g.
Khoa	84 g.
Ghee or Vanaspati	21 g.
Cardamom	2 g.
Raisins	7 g.
Salt	0.1 g.
Wheat	90 g.

#### *Procedure*

28 g. Sugar is made into a syrup in 75 ml. water. Salt and 1 g. ghee are added to the white flour and made into a stiff dough with 15 ml, water. The dough is divided into small equal sized balls which are rolled out into very thin chapaties. These chapaties are cut into two halves. Each half is made into a cone using a little water to seal the sides.

Khoa is mixed with the remaining sugar, powdered cardamom and raisins. A teaspoon of the khoa mixture is put into the cone and the edges are sealed with water. The cones are fried in ghee till done but not brown. They are then immersed in sugar syrup and taken out after a few seconds.

Weight of cooked samosa=224 g.

## A. 2. SWEETS BASED ON RICE

### 107. Rice-carrot kheer

#### *Ingredients*

Rice	28 g.
Sugar	28 g.
Grated carrots	28 g.
Almonds	7 g.
Milk	240 ml.

#### *Procedure*

Cleaned and washed rice is added to boiling milk along with grated carrots and cooked on a slow fire till both carrots and rice are soft and the preparation semi-solid. Sugar is then added. The kheer is taken off the fire and sliced almonds added.

Weight of cooked kheer=182 g.

### 108. Rice with Jaggery

#### *Ingredients*

Rice	56 g.
Jaggery	56 g.
Ghee	7 g.
Cardamom	1 g.
Water	180 ml.

#### *Procedure*

A syrup is made out of 60 ml. water and Jaggery (gur). The syrup is strained through a muslin cloth and set aside. The cleaned and washed rice is cooked in boiling water till the grains are soft and all the water is absorbed. The syrup is then added to the rice and cooking continued till the syrup is completely absorbed. Lastly, powdered cardamom and ghee are stirred in.

Nuts, such as almonds, and also raisins may be added just before the rice is taken off the fire.

Rice with sugar-cane juice is prepared in the same way and is a very common preparation in the villages of the Punjab.

A different kind of rice with jaggery may be prepared by roasting grated coconut and cashew-nuts and mixing them with powdered cardamom and jaggery. This mixture is sprinkled on plain boiled rice, stirred and heated for a few minutes. A little ghee is added towards the end.

Weight of cooked rice with jaggery=196 g.

### 109. Rice phirni

#### *Ingredients*

Rice	56 g.
Sugar	21 g.
Almonds	7 g.
Milk	240 ml.
Pistachio-nut	7 g.
Cardamom	1 g.
Silver paper (verk)	Four

#### *Procedure*

Cleaned and washed rice is soaked for about four to five hours in 60 ml. water and then ground to a very fine paste. 240 ml. boiled milk is added to the paste and stirred well. The paste is then cooked stirring all the time till it turns very thick, after which it is taken off the fire and sugar added. The mixture is then poured on greased plates and allowed to set. After about an hour, silver paper (verk) is set on the phirni. Slices of almond, pistachio-nut and powdered cardamom are used to decorate the preparation.

Weight of cooked phirni=252 g.

### 110. Shri palao

#### *Ingredients*

Rice	56 g.
Sugar	56 g.
Milk	255 ml.
Dry coconut	3 g.
Ghee	14 g.
Khoa	14 g.
Almonds	3 g.
Raisins	3 g.

Essence (vanilla or rose water)	1 ml.
Pistachio-nut	3 g.

### *Procedure*

Cleaned and washed rice is fried in ghee till light brown in colour and milk added. The mixture is cooked stirring off and on, till the grains are soft and milk absorbed. Khoa, coconut, sugar, raisins and the other nuts are then added and cooked. Stirring now and then very carefully so that the rice grains do not break. When sugar is absorbed, essence is added and the palao taken off the fire.

Weight of cooked shri palao=259 g.

## B. 1. SAVOURIES BASED ON WHEAT

### 111. Chaat

### *Ingredients*

Semolina (suji)	28 g.
White flour	28 g.
Jaggery	56 g.
Oil or Vanaspati	70 g.
Tamarind	56 g.
Red chillie powder	1 g.
Cumin	0.5 g.
White gram (kabuli channe)	14 g.
Salt	2 g.
Water	90 ml.

### *Procedure*

Tamarind is soaked in 60 ml. water for about 2 hours and then strained through a sieve or muslin cloth. Jaggery is powdered and added along with salt and red chillie powder to the tamarind extract. Cumin is roasted on a hot tawa, powdered, and also added to the tamarind extract.

The white flour and semolina are mixed with 7 g. vanspati and a pinch of salt and made into a stiff dough with water. The dough is rolled out into a very thin chapatie which is cut into small rounds with a cutter. The rounds are deep fried in vanaspati or oil. They are then immersed in tamarind pulp and taken

out at once. Lastly boiled white gram is spread over the chaat.

Weight of cooked chaat=226 g.

## 112. Dalia

### *Ingredients*

Broken wheat	56 g.
Green gram	56 g.
Ghee or Vanaspati	28 g.
Salt	4 g.
Water	960 ml.

### *Procedure*

Broken wheat is fried in melted vanaspati till light brown. Green gram is then put in and fried for a few minutes. Water and salt are added next and the mixture is cooked on a slow fire till soft and semi-solid.

In Tamilnadu, cumin, fried cashew-nuts, pieces of ginger and grated coconut are added and it is known as "Pongal".

Weight of cooked dalia=806 g.

## 113. Ghee roti

### *Ingredients*

Wheat flour	56 g.
Ghee	21 g.
Celery seeds	0.5 g.
Salt	1 g.
Water	27 ml.

### *Procedure*

Wheat flour is mixed with powdered salt and cleaned celery seeds, and a dough is prepared. A little ghee is added to the dough and it is placed on a hot tawa and turned after a while. The dough is then removed and kneaded with the addition of a little more ghee, after which it is placed on the tawa once again and the entire process is repeated till the whole of the ghee is incorporated into the dough and it gets a brown colour. A portion of the dough is then made into a round ball and either rolled out into a chapatie or just placed on a hot tawa and flattened with the hand. The roti should be cooked on a slow fire till brown

on both sides and should be a little thicker than an ordinary chapatie. Sometimes, a little ghee is applied to the roti as it bakes on the tawa.

Weight of cooked ghee roti=84 g.

#### 114. Kachori

##### *Ingredients*

White flour	56 g.
Oil or Vanaspati	49 g.
Black gram	18 g.
Chillie powder	1 g.
Ginger	3 g.
Salt	2 g.
Water	15 ml.

##### *Procedure*

Black gram is soaked overnight. The next morning, it is washed well and ground with the addition of ginger. This mixture is fried in 7g. vanaspati. Salt and chillie powder are added to it.

The white flour, 7 g. vanaspati and 0.5 g. salt are mixed together and made into a dough with water. The dough is divided into small balls which are rolled out into thick (1/6") chapaties. About a tablespoon of the black gram mixture is placed on each chapatie enclosed and flattened slightly with the hand. The kachori is then fried in vanaspati till pale gold in colour.

Weight of cooked kachori=140 g.

#### 115. Khamiri roti

##### *Ingredients*

Wheat flour	56 g.
Water	22 ml.

##### *Procedure*

Wheat flour is made into a soft dough and allowed to ferment overnight. In summer, the fermentation is complete in a night but in winter, a night and a day may be required. The next day the dough is kneaded well and a small portion is rolled out into a chapatie. Dry flour is used to dust the ball of dough so that it can be rolled out easily. The chapatie is cooked on a hot iron tawa in the usual manner. Butter or ghee may be applied to one side of the roti.

Weight of cooked khamiri=91 g.

## 116. Maida paaper

*Ingredients*

White flour	28 g.
Oil	18 g.
Black cumin	0.5 g.
Mustard oil	0.5 g.
Red chillie powder	0.5 g.
Salt	1 g.
Water	65 ml.

*Procedure*

Cleaned cumin, salt and chillie powder are added to white flour and mixed well. The mixture is made into a thin paste with water and set aside. Oil is applied with a piece of cloth on small aluminium plates so as to form fine film. A very thin layer of the prepared paste is poured on each plate. The plates are kept in boiling water and taken out after about a minutes. The paapers are removed from the plates and kept in the sun for about two hours to dry. They are then deep fried in hot oil till light brown in colour.

A different preparation called "Vatal" can be made by cooking the thin paste (without the addition of spices) till thick. Small portions of this paste are placed on a muslin cloth and dried in the sun. The pieces are then fried in hot oil.

Weight of cooked maida paaper = 46 g.

## 117. Matheri

*Ingredients*

White flour	56 g.
Ghee or Vanaspati	28 g.
Salt	1 g.
Water	15 ml.

*Procedure*

About 7 g. white flour is mixed with 7 g. melted ghee in a cup. The rest of the white flour is mixed with salt and 7 g. ghee or vanaspati and made into a dough with water. The dough is rolled out into a thin chapatie and smeared with a little of the ghee and maida mixture. The chapatie is folded 3 or 4 times and rolled out once more into a chapatie. The above process is repeated thrice. The chapatie is then cut into small round pieces, pressed with the hand and fried in vanaspati till brown.

70

Weight of cooked matheri = 91 g.

### 118. Milk puri

#### *Ingredients*

Wheat flour	56 g.
Milk	30 g.
Ghee or Vanaspati	21 g.
Turmeric	0.5 g.
Salt	1 g.

#### *Procedure*

Salt and turmeric are mixed into the flour along with a little ghee or vanaspati (7 g.) and made into a dough with milk. The dough is well kneaded and divided into small balls which are rolled out into thin puries and deep fried in hot ghee or vanaspati till quite crisp.

Weight of cooked milk puri = 77 g.

### 119. Potato puri

#### *Ingredients*

Wheat flour	28 g.
White flour	28 g.
Potatoes	56 g.
Ghee or Vanaspati	14 g.
Chillie powder	1 g.
Salt	2 g.
Water	22 ml.

#### *Procedure*

Potatoes are boiled, peeled and mashed. All the ingredients including the mashed potatoes, with the exception of ghee, are mixed well and made into a soft dough. The dough is divided into small balls which are rolled out into tiny puries with the help of a little ghee or vanaspati. The puries are deep fried in hot ghee or vanaspati till golden brown. Sometimes only white flour and no wheat flour is used.

Weight of cooked potato puri ... 154 g.

### 120. Radish paratha

#### *Ingredients*

Wheat flour	56 g.
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Radish	56 g.
Anardana (dried pomegranate seeds)	1 g.
Red chillie powder	0.5 g.
Onion	7 g.
Ginger	3 g.
Green chillies	1 g.
Coriander leaves	0.3 g.
Ghee or Vanaspati	14 g.
Salt	2 g.
Water	30 ml.

### *Procedure*

Radish is grated and the the juice is squeezed out, Ginger, onion, green chillies and coriander leaves are chopped. Anardana is powderd. The above ingredients, together with salt and red chillie powder, are added to the radish residue and mixed well.

Wheat flour is made into a dough. The dough is divided into small balls which are flattend with the hand or rolled out into small chapaties. A spoonful of the radish mixture is placed on each chapatie and enclosed. The ball so formed is dusted with dry flour and rolled out again into a medium thick chapatie. The chapatie is placed on a hot tawa and after a minute or so it is turned, a little ghee or vanaspati applied and it is fried on both sides till golden brown in colour.

Cauliflower may be used instead of radish in which case there is no need to squeeze out juice. Grated carrot seasoned with some chillie powder and salt is another filling.

Weight of cooked radish paratha...140 g.

## **121. Samosa**

### *Ingredients*

White flour	56 g.
Potatoes	112 g.
Onion	14 g.
Oil or Vanaspati	28 g.
Coriander leaves	0.5 g.
Anardana (dried pomegranate seeds)	0.5 g.
Green chillies	1 g.

Turmeric	0.3 g.
Salt	3 g.
Water	21 ml.

### *Procedure*

Potatoes are boiled, peeled and cut into small pieces. Green chillies, coriander, leaves and onions are chopped. Turmeric, salt, and anardana are powdered. Chopped onion is fried in about 3 g. vanaspati, then green chillies, turmeric, anardana powder and the boiled potatoes are added, allowed to cook for a few minutes and taken off the fire.

White flour is mixed with a pinch of salt and 3 g. vanaspati, and made into a dough with water. The dough is divided into small balls which are rolled out into thin chapaties using a little vanaspati so that the chapaties do not stick to the board. Each chapatie is cut into two halves and twisted into a cone. A spoonful of the potato mixture is filled into each cone and enclosed. The cones are fried in hot vanaspati till uniformly brown on all sides.

Instead of potatoes, peas, minced meat or cauliflower may be used.

Weight of cooked samosa = 224 g.

## 122. Tomato loli

### *Ingredients*

Wheat flour	56 g.
Tomatoes	56 g.
Cumin	0.5 g.
Ghee or oil	14 g.
Green chillies	2 g.
Salt	1 g.

### *Procedure*

Tomatoes and green chillies are chopped, cumin cleaned and added along with 3 g. ghee, or oil to the wheat flour. A little water is also added and a soft dough is made. An iron tawa is heated and some ghee or oil poured on it. A small ball of dough is placed on the tawa and pressed with the hand to make a thin chapatie (or a stiffer dough can be made and chapaties rolled out as usual). The chapatie is cooked on both sides with the addition of little ghee or oil.

“Loli” can also be prepared with the addition of just salt, cumin and black pepper. Alternatively, tomatoes can be substituted by chopped onions and coriander leaves.

Weight of cooked tomato loli = 112 g.

## B. 2. SAVOURIES BASED ON RICE

### 123. Biryani

#### *Ingredients*

Rice	56 g.
Meat	112 g.
Ghee or Vanaspati	56 g.
Almonds	3 g.
Raisins	3 g.
Pistachio-nut	3 g.
Cloves	0.3 g.
Cumin	0.3 g.
Peas	28 g.
Potatoes	28 g.
Cauliflower	28 g.
Onion	28 g.
Garlic	7 g.
Ginger	7 g.
Salt	7 g.
Bay leaves	Two
Water	420 ml.

#### *Procedure*

Pieces of potato and cauliflower are fried in half of the ghee or vanaspati till golden brown in colour. They are then removed, and ground garlic, onion (14 g.) and ginger are fried in the same ghee or vanaspati. Mutton is added along with 240 ml. water and cooked on a slow fire till soft and all water is absorbed. The meat is then mixed with fried vegetable and a little salt is added.

In another pan, sliced onion is fried in the rest of the ghee or vanaspati, and cloves, cumin and bay leaves are put in, stirred and fried. The cleaned and washed rice, peas and salt are then added. When lightly fried, they are removed from the pan.

The mutton and rice are spread in alternate layers in the pan. The lowest layer must be that of rice and the topmost layer of mutton and vegetables. Chopped nuts and raisins are sprinkled on the topmost layer. 180 ml. hot water is then added, the lid closed tightly and the biryani is kept on a slow fire for about half an hour. When the water is absorbed and grains are soft, the vessel is taken off the fire. The biryani should not be stirred but mixed by shaking the vessel itself.

Weight of cooked biryani ... 448 g.

#### 124. Kheecha

##### *Ingredients*

Rice flour	56 g.
Baking soda	1 g.
Cumin	1 g.
Red chillie powder	1 g.
Vanaspati	14 g.
Salt	1 g.
Water	30 ml.

##### *Procedure*

All the ingredients are added to the rice powder and made into a stiff dough. The dough is rolled out into a chapatie. A muslin cloth is tied over the mouth of a vessel in which some water is kept boiling. The prepared chapaties are put on a cloth and covered with a lid on which a heavy weight is placed. After about fifteen minutes the chapatie is turned, covered again and steamed for another ten minutes. It is then removed, mashed and made into small balls. The balls are rolled out into very thin "Paapars" (thin round discs). The 'Paapars' are dried in the sun and then fried in vanaspati.

Weight of cooked kheecha ... 70 g.

### V. RECIPES IN COMMON USE IN THE SOUTHERN REGION

#### A. I. SWEETS BASED ON WHEAT

##### 125. Ashgourd halwa

##### *Ingredients*

White flour	28 g.
Sugar	56 g.

Ashgourd	28 g.
Grated coconut	28 g.
Vanaspati	21 g.
Water	22 ml.

### *Procedure*

The skin of the ashgourd is removed with a knife and the white flesh is cut out into small pieces and boiled in a little water till very soft. The ashgourd is then mashed, sugar and grated coconut added and given one boil. White flour and vanaspati are put in next and mixed well. Cooking is continued stirring all the time till very thick. When the mixture starts leaving the sides of the pan, it is taken off the fire, poured on a greased plate and cut into square pieces when set.

Weight of cooked ashgourd halwa ... 161 g.

## 126. Badam puri

### *Ingredients*

Wheat flour	56 g.
Sugar	56 g.
Vanaspati	38 g.
Saffron	0.1 g.
Edible camphor	0.1 g.
Yellow colour (edible)	0.1 g.
Water	82 ml.

### *Procedure*

Sugar is made into a syrup with 60 ml. 10 g. vanaspati and yellow colour are added to the flour and made into a stiff dough with 22 ml. water. The dough is divided into small balls which are rolled out into thin chapaties. These chapaties are deep fried in vanaspati and then immersed in the syrup to which the saffron and edible camphor have been added.

The puries can also be prepared out of a well beaten suji dough; instead of immersing in syrup, a mixture of sugar, powdered cardamom and edible camphor is sprinkled over the hot puries.

Weight of cooked badam puri ... 224 g.

## 127. Banana bajji

*Ingredients*

White flour	56 g.
Sugar	14 g.
Banana	154 g.
Vanaspati or oil	56 g.
Water	75 ml.

*Procedure*

White flour is made into a thick paste with water and sugar is added and mixed well. The banana is cut length-wise into thin slices. The slices are immersed in the flour paste and deep fried in vanaspati till pale gold in colour. Sugar is sometimes omitted.

Weight of cooked banana bajji=280g.

## 128. Banana vadai

*Ingredients*

White flour	56 g.
Sugar	28 g.
Banana	56 g.
Ghee or Vanaspati	14 g.
Soda	0.1 g.

*Procedure*

Peeled banana is mashed well, sugar and white flour added and mixed well together. Soda is then put in and the batter is well beaten with the hand or a spoon. Vanaspati is heated in a deep vessel and spoonfuls of the mixture are deep fried till golden brown.

A beaten egg can be added to the mixture, if acceptable.

Weight of cooked banana vadai = 140 g.

## 129. Barbi (maida)

*Ingredients*

White flour	56 g.
Sugar	168 g.
Cardamom	1 g.

Vanaspati or ghee	70 g.
Saffron	0.1 g.
Almonds	7 g.
Water	130 ml.

### *Procedure*

Sugar is made into a very thick syrup and set aside. White flour is made into a paste with 130 ml. water. The sugar syrup is kept on the fire and the wheat paste is poured in. Cooking is continued stirring all the time so that no lumps are formed. Every now and then a teaspoon of ghee or vanaspati is added. When the mixture reaches a halwa consistency (the preparation starts leaving the sides of the pan), saffron water is added. It is then taken off the fire and powdered cardamom added. The contents are stirred well and poured on a greased plate. Sliced almonds, are used to decorate the halwa. When set, the halwa is cut into diamond shaped pieces.

White flour is sometimes soaked in water for 1/2 an hour; after which the top liquid is drained and the paste used to prepare the barbi.

Cashew-nuts and raisins may be added to the barbi while cooking.

Weight of cooked barbi=308 g.

## 130. Bengal gram payasam

### *Ingredients*

Semolina (suji)	28 g.
Bengal gram	28 g.
Jaggery	84 g.
Thick coconut milk	120 ml.
Thin coconut milk	240 g.
Water	980 ml.

### *Procedure*

Cleaned Bengal gram and suji are boiled in 480 ml. water till soft.

The thick first milk of a mature coconut is extracted and set aside. 240 ml. hot water is then added to the coconut residue

and thin milk extracted. The thin milk along with jaggery (which has been dissolved in 60 ml. water) is added to the boiled suji and Bengal gram and cooked again till semi-solid. The thick coconut milk is then put in and the payasam is taken off the fire.

Weight of cooked Bengal gram payasam = 665 g.

### 131. Coconut tablets

#### *Ingredients*

Semolina (suji)	42 g.
Sugar	140 g.
Ghee or Vanaspati	28 g.
Coconut (grated)	56 g.
Cardamom	1 g.
Water	45 ml.

#### *Procedure*

A thick syrup is made with the sugar and water. The suji is fried in ghee and then added to the syrup along with the coconut. The mixture is cooked stirring all the time till it starts leaving the sides of the vessel. It is then poured on a greased plate, and powdered cardamom is sprinkled over it. It may be cut into small pieces when set.

Weight of cooked coconut tablets = 266 g.

### 132. Coconut vadai

#### *Ingredients*

Wheat (dehusked)	28 g.
Parboiled rice	28 g.
Jaggery	42 g.
Coconut	14 g.
Cardamom	1 g.
Ghee or oil	21 g.
Water	30 ml.

#### *Procedure*

Wheat and parboiled rice are soaked in water for about an hour. They are then ground to a thick paste along with the coconut. The jaggery and cardamom are also powdered and added to the ground wheat mixture. Ghee or oil is heated in a pan (karai) and spoonfuls of the mixture are deep fried in it.

Weight of cooked coconut vadai = 154 g.

## 133. Egg-maida-dosai

*Ingredients*

Wheat flour	28 g.
Sugar	42 g.
Egg	One
Coconut	42 g.
Salt	3 g.
Oil	3 g.
Water	90 ml.

*Procedure*

White flour and a little salt are added to beaten egg, mixed well and made into a thin batter with water. A tawa is heated and rubbed with a cloth dipped in oil. A ladleful of the batter is poured on the tawa, spread out very thin and covered with a lid. The dosai should be of the thickness of paper. When fried a filling of jam or grated coconut mixed with sugar is placed on the dosai and it is rolled up, removed and cut into small pieces before serving.

Weight of cooked egg-maida-dosai=224 g.

## 134. Gulabipoo

*Ingredients*

Wheat flour	56 g.
Sugar	28 g.
Ghee or Vanaspati	28 g.
Water	35 ml.

*Procedure*

Wheat flour is mixed with the sugar and made into a paste with water. Spoonfuls of the paste are fried in vanaspati till golden brown in colour.

Sugar is sometimes not added to the paste but the cooked gulabipoo is immersed later in sugar syrup.

Salt and chillie powder, instead of sugar, may be added to the paste for a savoury gulabipoo.

Weight of cooked gulabipoo=140 g.

## 135. Kalkal

*Ingredients*

White flour	112 g.
Sugar	28 g.
Vanaspati	14 g.
Egg	One
Water	15 ml.

*Procedure*

Sugar is dissolved in water and the syrup used to make a dough with white flour. Egg is added to the dough and mixed well. A small ball of dough is pressed on the tines of a fork and gently stretched. It is then rolled into small hollow cylinder and deep fried in hot vanaspati. Sometimes egg is not added. Sugar also may be omitted and salt added instead.

Weight of cooked kalkal=196 g.

## 136. Khazoor

*Ingredients*

White flour	56 g.
Sugar	14 g.
Banana	28 g.
Ghee or Vanaspati	21 g.
Yellow colour (edible)	0.1 g.

*Procedure*

Well mashed banana is added to white flour and sugar, and made into a stiff dough. Yellow colour and baking powder are also added. The dough is rolled out into thick chapatie which is cut into diamond shaped pieces with a knife. Each piece is cut again lengthwise but only half way through, so that the two halves remain attached at one end and after frying resemble a flower. The partially cut pieces are then fried in the vanaspati till pale gold in colour.

Weight of cooked khazoor=133 g.

## 137. Paadarpeni

*Ingredients*

Semolina (suji)	56 g.
Rice powder	1 g.

Sugar	28 g.
Ghee or Vanaspati	28 g.
Milk	240 ml.
Cardamom (optional)	1 g.
Saffron (optional)	0.1 g.
Water	30 ml.

### *Procedure*

Suji is pounded in a mortar. While pounding, a little water is added from time to time till a dough is formed. The dough is divided into three equal portions. Each portion is rolled out into a thin chapatie. A little of the vanaspati is beaten till it turns frothy. Finely ground rice powder is added to it and mixed well. The mixture is applied to one side of the chapaties. They are then placed one over the other (greased side upwards) and made into a roll with the hand : the roll is cut into two pieces and again rolled out into round chapaties. The chapaties are fried in vanaspati. Boiled milk sweetened with the sugar and flavoured with cardamom and saffron is kept ready. The fried chapaties are immersed in the milk just before serving.

Alternatively the rawa dough can just be rolled out into puries, fried and then immersed in the flavoured milk.

Weiget of cooked paadarpeni = 315 g.

## 138. Papaya halwa

### *Ingredients*

Semolina (suji)	56 g.
Rice papaya	56 g.
Sugar	168 g.
Vanaspati	35 g.
Water	60 ml.

### *Procedure*

Ripe papaya is boiled, then mashed and set aside. Suji is soaked in water for about two hours. The top liquid is then discarded and the thick suji residue along with sugar is added to the boiled papaya and cooked, stirring all the time. Vanaspati is added (a little at a time) while cooking. When the halwa

starts leaving the sides of the pan it may be poured on a greased plate and cut into small pieces when set.

Weight of cooked papaya halwa = 350 g.

### 139. Rawa appam

#### *Ingredients*

Semolina (suji)	56 g.
White flour	56 g
Sugar	28 g.
Cardamom	1 g.
Ghee or Vanaspati	21 g.
Water	90 ml.

#### *Procedure*

Sugar is dissolved in 60 ml. water and given a boil. The powdered cardamom and suji are added and cooked till the water is absorbed. The mixture is then divided into small balls which are kept aside.

While flour is made into a stiff dough with 30 ml. water. Portions of the dough are rolled out into small circles in which the suji balls are enclosed. These are flattened with the hand and rolled out into small puries and deep fried in ghee or vanaspati.

Weight of cooked rawa appam = 189 g.

### 140. Rawa putu

#### *Ingredients*

Semolina (suji)	56 g.
Sugar	28 g.
Coconut	42 g.

#### *Procedure*

Suji is dry roasted in a pan and then washed. Water is boiled in a vessel and cloth tied over the mouth of the vessel. The washed suji is strewn over this cloth, covered with a lid and steamed till quite soft, grated coconut and sugar are added to the steamed suji and mixed well before serving.

Weight of cooked rawa putu = 196 g.

## 141. Surul puri

*Ingredients*

White flour	28 g.
Semolina(suji)	140 g.
Roasted Bengal gram	112 g.
Sugar	70 g.
Ghee or Vanaspati	70 g.
Cardamom	2 g.
Dry coconut	14 g.
Poppy seeds	1 g.
Nutmeg	3 g.
Water	90 ml.

*Procedure*

Dry roasted Bengal gram and sugar, cardamom and nutmeg are powdered, The poppy seeds and grated coconut are also dry roasted and powdered. The two powders are mixed together and set aside.

Suji is soaked in water for about 15 minutes. White flour is added to this paste and mixed well. The dough is rolled out into small thin puries and fried in vanaspati for a short time till done but not crisp. They are then removed and a small portion of the prepared powder is spread on each puri as a filling and it is made into a neat roll.

The filling may also be made out of equal amounts of Bengal gram and green gram with the omission of poppy seeds and nutmeg. A spoonful of this mixture is placed on each puri and it is folded over into a half circle and the edges sealed and cut with a "Somasi karandy" (knife). The puffs "Somasi" are then fried in vanaspati.

Weight of cooked surul puri=476 g.

## 142. Sweet appam

*Ingredients*

Wheat flour	56 g.
Jaggery	56 g.
Ghee or oil	35 g.
Edible camphor	0.1 g.

Cardamom	1 g.
Water	30 ml.

*Procedure*

A thin syrup is made out of jaggery and water. The powdered cardamom and edible camphor are added to the wheat flour. The mixture is added to the syrup and stirred well till a thick paste is formed. Ladlefuls of this paste are fried in heated ghee or oil in a special "Appakaral" vessel.

Jaggery may be omitted and 35 g. sugar used instead, in which case 7 g. rice flour is added to the wheat flour to make the appam.

Weight of cooked sweet appam = 112 g.

## 143. Iddli

*Ingredients*

Semolina (suji)	56 g.
Sugar	28 g.
Ghee or oil	7 g.
Milk	120 ml.
Raisins	7 g.
Baking soda	0.1 g
Curd	28 g.
Salt	0.3 g.

*Procedure*

Ghee is mixed into the suji. Sugar, salt, raisins and soda are added and mixed well. This mixture is made into a thick batter with curd and milk. A plate is greased and the mixture is poured into it and steamed. The batter may also be steamed in an "Iddli patram". When set, the iddli is removed and cut into small pieces before serving.

Weight of cooked sweet iddli = 227 g.

## 144. Sweet poli (Holige)

*Ingredients*

White flour	56 g.
Sugar	28 g.
Bengal gram	28 g.

Seasame (til) oil	14 g.
Grated coconut	14 g.
Saffron	0.1 g.
Cardamom	1 g.
Vanaspati	3 g.
Water	225 g.
Banana leaf	One

### *Procedure*

Hot til oil is added to white flour and made into a stiff dough with 45 ml. water in which the saffron has been dissolved. The dough is set aside for about two hours. Cleaned Bengal gram is boiled in 180 ml. water till very soft. Powdered sugar, grated coconut and powdered cardamom are added to the Bengal gram. The mixture is ground or mashed fine and divided into small balls. The dough is also divided into small balls, flattened slightly and a ball of Bengal gram is enclosed in a ball of dough. Each ball is then placed on a greased banana leaf and flattened with the palm of the hand till it becomes quite thin. The poli is cooked on both sides on a hot greased tawa with the application of some vanaspati till light brown in colour.

An alternative filling may be made of 28 g. red gram, 28 g. sugar and 0.1 g. edible yellow colour. Wheat flour may be used instead of white flour in which case the til oil is omitted and the dough prepared with a little water.

Weight of cooked sweet poli = 140 g.

## 145. Sweet Vadai

### *Ingredients*

Wheat flour	56 g.
Sugar	28 g.
Milk	14 ml.
Ghee or Vanaspati	21 g.

### *Procedure*

7 g. ghee is heated well and mixed into the wheat flour. Sugar is added and a stiff dough is made with the addition of milk a little at a time. The dough is divided into small round balls which are fried either in vanaspati or ghee till golden brown in colour.

Weight of cooked sweet vada = 126 g.

## 146. Watte appam

*Ingredients*

Wheat flour	56 g.
Sugar or Jaggery	42 g.
Banana or jack-fruit	56 g.
Coconut (grated)	14 g.
Yeast	1 g.
Salt	1 g.
Water	120 ml.

*Procedure*

Banana is mashed well and mixed with the rest of the ingredients. A thin paste is made with water and allowed to stand for about half an hour. The paste is then poured into greased saucers or other round moulds and steamed over boiling water.

If jack-fruit is used it has to be cooked along with the jaggery and then mixed with the other ingredients and steamed.

The fruit may be omitted and 14 g. extra coconut included instead.

Weight of cooked watte appam = 308 g.

## 147. Wheat halwa

*Ingredients*

Wheat or	28 g.
Wheat milk	91 ml.
Sugar	91 g.
Pistachio-nut	7 g.
Ghee or Vanaspati	28 g.
Cashew-nuts	7 g.
Raisins	7 g.
Cardamom	1 g.

*Procedure*

Whole wheat is soaked in water overnight (or it can be allowed to soak for 2 days, the water being changed every day). The next morning it is ground, strained through a muslin cloth, and allowed to stand. The top liquid is decanted after about an hour and discarded.

The thick residue of wheat milk is used to make the halwa. Sugar is dissolved in 60 ml. water in a separate vessel and made into a thick syrup. The syrup is taken off the fire and wheat milk added and mixed well. Powdered cardamom and nuts are then added along with the ghee. The mixture is cooked again till it turns semi-solid. At this stage it can be served either as it is or poured on a greased plate and cut into small pieces when set.

3 g. almond and 0.1 g. saffron dissolved in a little milk or water may be used in place of cashew-nuts, raisins and cardamom. 0.1 g. edible camphor is often added along with saffron or cardamom towards the end of the cooking period.

The nuts are sometimes omitted, jaggery is used instead of sugar.

Weight of cooked wheat halwa = 290 g.

## A. 2. SAVOURIES BASED ON RICE

### 148. Adapradaman

#### *Ingredients*

Rice powder	56 g.
Jaggery	56 g.
Coconut milk	60 ml.
Dry coconut (copra)	7 g.
Almonds	7 g.
Raisins	7 g.
Cashew-nuts	7 g.
Cardamom	2 g.
Ghee or Vanaspati	14 g.
Water	360 ml.
Banana leaves	Two

#### *Procedure*

Rice powder is ground into a fine paste using 90 ml. water. A small portion of the paste is spread very thickly on a banana leaf. A little water is boiled in a vessel and a cloth is tied over the mouth of the vessel. The banana leaf with the paste is placed on the cloth, covered and steamed for about 15 minutes. It is then removed and the remaining paste is steamed in a

similar manner. The cooked paste is then removed from the banana leaf and chopped into small pieces. Jaggery is boiled in the rest of the water and strained. The pieces of cooked paste are added to the jaggery water and boiled till a semi-solid consistency is reached. The nuts fried in ghee or vanaspati, the coconut milk, the remaining ghee and powdered cardamom are added to the adapradaman after the pan has been taken off the fire.

Weight of cooked adapradaman = 336 g.

#### 149. Adirasam

##### *Ingredients*

Rice flour	56 g.
Jaggery	56 g.
Poppy seeds	0.5 g.
Coconut	7 g.
Ghee or Vanaspati	14 g.
Water	30 ml.

##### *Procedure*

Jaggery is dissolved in 30 ml. water and boiled till very thick. Poppy seeds and coconut scrapings are added to the syrup, mixed well and taken off the fire. The rice flour is then added to the mixture and allowed to stand in a porcelain or stoneware vessel for a day. The next day, small portions of the mixture are fried in hot ghee or vanaspati till golden brown in colour.

Weight of cooked adirasam = 119 g.

#### 150. Appam (sweet)

##### *Ingredients*

Rice	56 g.
Sugar	28 g.
Coconut	21 g.
Ghee or Vanaspati	14 g.
Coconut Water	120 ml.

##### *Procedure*

Rice is soaked in water for about two hours and then ground along with the coconut. The mixture is left overnight to ferment. In the morning, it is mixed with sugar and coconut water to make a thin batter. A deep vessel (karai or appam pan)

is smeared with ghee or vanaspati and a little of the paste is spread on it. The vessel is covered, and the heat is decreased and some live coals are put on top of the lid. The appam is cooked for about three minutes till done.

Weight of cooked appam=210 g.

### 151. Awalosepodi

#### *Ingredients*

Rice powder	56 g.
Jaggery	56 g.
Coconut scrapings	56 g.
Cardamom powder	1 g.
Sesame (til) oil	1 g.
Cumin	0.5 g.
Banana	56 g.
Salt	0.5 g.
Water	60 ml.

#### *Procedure*

Sesame seeds and cumin are roasted in a pan. Rice powder and coconut are added and also roasted till light brown in colour. If the mixture is coarse, it may be sifted and powdered once again. This mixture can be kept for a number of days. A slightly sticky syrup is prepared out of the jaggery. As it cools a larger portion of the rice mixture, powdered cardamom and salt are added to the syrup, mixed well and divided into small balls. The balls are rolled in a little of the remaining dry rice mixture. The balls can either be eaten as such or mixed with mashed banana.

Weight of cooked awalosepodi=308 g.

### 152. Chanderkanta

#### *Ingredients*

Rice	14 g.
Green gram	56 g.
Sugar	84 g.
Coconut	14 g.
Cardamom	1 g.
Ghee or Vanaspati	14 g.
Water	120 ml.

*Procedure*

Cleaned and washed green gram is soaked in water for about an hour. The gram is then ground to a paste. The rice is also ground and both are mixed together, sugar is then added and the paste is kept on the fire and stirred well till it is half cooked. Grated coconut and powdered cardamom are then fried in a little ghee or vanaspati and added to the cooked paste. The paste is poured on a greased plate, allowed to cool and then cut into small diamond-shaped pieces. The pieces are fried in ghee or vanaspati.

Weight of cooked chanderkanta=126 g.

## 153. Cheedai

*Ingredients*

Rice flour	112 g.
Black gram	14 g.
Jaggery	112 g.
Cardamom	3 g.
Sesame (til) seeds	3 g.
Ghee or Vanaspati	28 g.
Water	120 ml.

*Procedure*

Black gram is dry roasted till brown in colour and made into a fine powder. Finely ground rice flour is also lightly roasted and mixed with the powdered black gram. Cardamom is powdered and added along with sesame seeds to the mixture. Then a very thick jaggery syrup is made. The black gram-rice mixture is added to the jaggery syrup; stirred well and cooked till thick. Small balls are made out of this mixture and fried in ghee or vanaspati.

Savoury cheedai may be prepared by making a stiff dough out of roasted black gram powder (14 g.), rice flour (112 g.), scraped coconut and till seeds (3 g. each), ghee (14 g.) salt (3 g.) and asafoetida (1 g.) The dough is divided into small rounds and fried in oil or vanaspati.

Weight of cooked sweet cheedai=280 g.

## 154. Idiappam

*Ingredients*

Rice flour	56 g.
Sugar	42 g.
Coconut	56 g.
Salt	0.4 g.
Hot water	120 ml.

*Procedure*

Salt is added to rice flour and a paste is made with hot water. The rice paste is cooked till it turns very thick. A muslin cloth is tied over the mouth of a vessel in which some is kept boiling. The prepared dough is pressed through a "Savainazhi" on to the cloth. It is then covered with a lid and steamed for about half an hour.

The prepared idiappam is served with sugar and grated coconut or with chutney.

*Chutney* :— Green chillies 0.5 g., Bengal gram 14 g. and asafoetida 0.5 g. are fried in a little oil and then ground to a paste. Salt is added and the chutney is seasoned with fried mustard.

Weight of cooked idiappam=217 g.

## 155. Jack-fruit adai

*Ingredients*

Rice flour	56 g.
Minced jack-fruit	42 g.
Oil or Vanaspati	14 g.
Salt	1 g.
Water	30 ml.

*Procedure*

Jack-fruit is minced fine and mixed with salt and rice flour. The mixture is made into very thick paste with water and divided into small round portions which are slightly flattened. These adais are fried in oil or vanaspati till golden brown in colour.

Weight of cooked jack-fruit adai=112 g.

## 156. Kolaputu

*Ingredients*

Broken rice	56 g.
Sugar	28 g.
Coconut (grated)	14 g.
Hot water	60 ml.

*Procedure*

Broken rice is dry roasted in a pan when it turns brown, grated coconut is added. The mixture is then taken off the fire and made into a dough with some hot water. The dough is put into a 'Kola' (bamboo tube) and immersed in boiling water for about half an hour and steamed. The cooked Kolaputu is taken out of the kola and cut into small pieces. Sugar is sprinkled over the pieces.

Instead of adding the coconut to the broken rice earlier, the coconut can be used to decorate the Kolaputu.

Weight of cooked kolaputu=196 g.

## 157. Konmpal

*Ingredients*

Rice flour	56 g.
Sugar	28 g.
Banana or jack-fruit	42 g.
Coconut	56 g.
Salt	0.25 g.

*Procedure*

Banana or jack-fruit is minced fine and the coconut grated. All the ingredients are then mixed together and divided into small balls which are cooked by steaming over water.

Alternatively, the banana mixture may be made into a thick paste and ladlefuls may be fried in vanaspati in a "Paniaram" vessel. This preparation is known as "Paniaram."

Weight of cooked konmpal=224 g.

## 158. Neyyappam

*Ingredients*

Rice	56 g.
Sugar	28 g.

Butter	7 g.
Ghee or Vanaspati	14 g.
Cardamom	3 g.
Water	60 ml.

*Procedure*

Rice is soaked in water for about two hours, dried and pounded. It is mixed with sugar, powdered cardamom and butter to form a soft dough. The dough is divided into small balls which are flattened between the palms of the hands and fried in ghee or vanaspati till gold in colour.

Weight of cooked neyyappam=98 g.

## 159. Paalputu

*Ingredients*

Broken rice	56 g.
Sugar	28 g.
Coconut (grated)	14 g.
Milk	60 ml.
Water	60 ml.

*Procedure*

Broken rice grains are soaked in mixture of milk and water for about fifteen minutes. Then sugar (or salt) and the grated coconut are added to the soaked rice and mixed well. A little more water is added to make it into a thin paste. The paste is steamed in a manner similar to iddlis for about an hour till set.

Weight of cooked paalputu=224 g.

## 160. Pachora

*Ingredients*

Rice	56 g.
Sugar or jaggery	42 g.
Coconut	56 g.
Cardamom	1 g.
Salt	0.5 g.
Water	180 ml.

*Procedure*

Rice is boiled in water with the addition of salt. Coconut is grated and the milk extracted. The coconut residue is added

to the rice and cooked for a few minutes. The sugar and coconut milk are added towards the end and cooking continued till the pachora is of the required consistency. Powdered cardamom is added just before taking off the fire.

Weight of cooked pachora = 294 g.

### 161. Pal (milk) kolkattai

#### *Ingredients*

Rice flour	56 g.
Sugar or Jaggery	28 g.
Cardamom powder	2 g.
Fried cashew-nut	28 g.
Coconut milk	240 ml.
Milk	240 ml.
Water	240 ml.

#### *Procedure*

Rice flour, half of the sugar and the water are mixed and cooked till a dough is formed. The dough is divided into small balls. Coconut milk, sugar, milk, cardamom powder and fried cashew-nuts are brought to the boil and the rice balls added, allowed to boil for a few minutes and then taken off the fire.

Weight of cooked pal kolkattai = 560 g.

### 162. Rice cake

#### *Ingredients*

Rice flour	84 g.
Sugar	56 g.
Desiccated coconut	7 g.
Eggs	Two
Essence	A few drops

#### *Procedure*

Sugar is added to the well beaten eggs. Then rice flour coconut powder and essence are added and mixed well. The batter is poured into a greased mould and baked in an oven for about half an hour.

Weight of cooked cake = 224 g.

## 163. Somasi (sweet)

*Ingredients*

Rice flour	56 g.
Roasted Bengal gram powder	14 g.
Sugar	14 g.
Grated, dried coconut (copra)	28 g.
Ghee or Vanaspati	28 g.
Water	240 ml.

*Procedure*

Rice flour is mixed with water and cooked till very thick. The cooked paste is divided into small portions and set aside. The grated coconut is fried for a few seconds and mixed with roasted Bengal gram powder and the powdered sugar to be used as a filling. Small portions of the rice paste are rolled out into thin chapaties and a little of the prepared filling is placed on each chapatie and it is folded over. The edges are sealed with a little water. The somasis are then fried in vanaspati till golden brown in colour.

Weight of cooked somasi=154 g.

## 164. Sweet kolkattai

*Ingredients*

Rice flour	56 g.
Jaggery	28 g.
Coconut	28 g.
Cardamom	1 g.
Water	180 ml.

*Procedure*

Grated coconut, powdered cardamom and jaggery are cooked together till a thick paste is formed. In another pan, rice flour is cooked in water till very thick and then divided into small balls. The balls are made into thin round chapaties between the palms of the hands and a tablespoon of the prepared filling (coconut mixture) is placed on each chapatie. The filling is enclosed so as to form small round balls. Some water, is boiled in another pan and a muslin cloth is tied over the mouth of the

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vessel. The kolkattais are placed on the muslin cloth, covered and steamed. They are removed after about half an hour when done.

Powdered sesame (til) seeds and jaggery are sometimes added to or used instead of the coconut filling.

Weight of cooked sweet kolkattai=224 g.

### 165. Tambitto (Mavilakku mavu)

#### *Ingredients*

Rice (parboiled)	56 g.
Jaggery	56 g.
Coconut	56 g.
Cashew-nuts	14 g.
Raisins	7 g.
Cardamom	0.5 g.
Water	60 ml.

#### *Procedure*

Rice is soaked in water for about two hours and then pounded. White jaggery is added to the pounded rice and mixed well. Grated coconut, raisins and nuts along with the powdered cardamom are then added to the mixture. Some persons mix a little ghee into the preparation.

Weight of tambitto=110 g.

### 166. Watapu

#### *Ingredients*

Rice flour	56 g.
Sugar	70 g.
Raisins	7 g.
Coconut	84 g.
Cashew-nuts	7 g.
Yeast	1 g.
Water	120 ml.
Banana leaves	Two

#### *Procedure*

Rice flour and yeast are mixed with 60 ml. water and set aside for 4 hours. Sugar, raisins, grated coconut and pieces of

cashew-nut are cooked in 60 ml. water and added to the rice mixture. This mixture is filled into cones made out of banana leaves and steamed.

Weight of cooked watapu=231 g.

### 167. Yela adai

#### *Ingredients*

Rice powder	56 g.
Jaggery	56 g.
Jack-fruit	98 g.
Grated coconut	28 g.
Cardamom	1 g.
Ghee or Vanaspati	3 g.
Salt	0.25 g.
Water	90 ml.
Banana leaves	Two

#### *Procedure*

Jaggery is boiled in 45 ml. water, strained and cooked again with grated coconut till thick and sticky. The chopped jack-fruit is then added and cooked till the juice is absorbed. Powdered cardamom and ghee or vanaspati are added next and the mixture is taken off the fire. Rice powder is made into a thick paste with salt and 45 ml. water. This paste is spread on banana leaves to which a little ghee or vanaspati has been applied. A portion of the jack fruit mixture is then spread on one half of the rice paste, the other half being folded over and the adai is steamed over boiling water.

Weight of cooked yela adai=252 g.

### B. 1. SAVOURIES BASED ON WHEAT

#### 168. Bhaath

#### *Ingredients*

Semolina (suji)	56 g.
Sugar	1 g.
Ghee	21 g.
Coconut	14 g.
Peas	56 g.
Bengal gram	2 g.

Black gram	2 g.
Coriander leaves	0.3 g.
Curry leaves	0.3 g.
Sesame (til) oil	3 g.
Coriander seeds	0.3 g.
Red chillies	0.3 g.
Cinnamon	0.5 g.
Salt	2 g.
Water	150 ml.

### *Procedure*

Black gram and Bengal gram are fried in a little hot oil till brown. Coriander seeds and whole chillies are also added and fried for a few seconds. Then cinnamon is put in, stirred a little and fried. The fried ingredients are powdered. This powder can be kept for a number of days.

Suji is fried in ghee till it turns quite brown in colour. Curry leaves, coriander leaves, salt and water are added and the mixture covered and kept on a slow fire till the grains are cooked, and water absorbed. The bhaath is then taken off the fire, the prepared masala powder, together with boiled peas or other suitable vegetable, grated coconut and sugar are added and mixed well.

Weight of cooked bhaath=322 g.

## 169. Godhum dosai

### *Ingredients*

White flour or wheat flour	42 g.
Rice flour	28 g.
Thick and sour butter milk	90 ml.
Sesame (til) oil	28 g.
Green chillies (chopped)	2 g.
Cumin	1 g.
Whole black pepper	0.5 g.
Curry leaves	0.5 g.
Salt	2 g.
Water	120 ml.

*Procedure*

All the ingredients with the exception of til oil are mixed and made into a thin paste with buttermilk (if it is too thick, a little water may be added). A tawa is heated and a teaspoon of oil is spread over it. When the oil starts smoking, a ladleful of the paste is poured on the tawa and spread evenly. A little oil is poured on the edges and when one side is cooked, the dosai is turned and cooked on the other side as well. These dosais should be thin and crisp.

Cumin, whole black pepper and curry leaves may be omitted and instead a little mustard seed may be used.

Weight of cooked godhum dosai=196 g.

## 170. Godhum pongal

*Ingredients*

Broken wheat	56 g.
Green gram	7 g.
Ghee or Vanaspati	7 g.
Coconut (grated)	140 g.
Pepper	3 g.
Cashew-nuts	7 g.
Cumin	1 g.
Turmeric	0.5 g.
Salt	2 g.
Water	105 ml.

*Procedure*

Green gram is soaked in water for about an hour. The extra water is then decanted and the gram dried on a piece of cloth. Vanaspati is heated in another pan and broken wheat added and fried. The gram is added next and mixed well. Boiling water is put in (a little at a time, so that the mixture does not form lumps) and stirred. The vessel is covered and cooking continued until the grains are three fourths cooked. The remaining ingredients are then added and cooking continued on a slow fire till the pongal is soft and semi-solid.

Weight of cooked godhum ponga=1273 g.

## 171. Godhum tenkuzhal

*Ingredients*

Wheat flour	56 g.
Sour curd	42 g.
Rice flour	7 g.
Oil or ghee	49 g.
Green chillies	0.5 g.
Asafoetida	0.3 g.
Salt	0.5 g.

*Procedure*

All the ingredients, with the exception of oil, are mixed well. 7 g. oil are then added and mixed into the paste. The rest of the oil is heated in a deep vessel (karai). The paste is pressed through a "Savain press" into hot oil and fried.

Weight of cooked godhum tenkuzhal = 119 g.

## 172. Karapuri

*Ingredients*

Semolina (suji)	56 g.
Ghee or Vanaspati	10 g.
Green chillies	1 g.
Asafoetida	0.3 g.
Salt	1 g.
Water	0.5 g.

*Procedure*

Salt, ground green chillies and asafoetida are added to the suji and made into a dough with water. The dough is well kneaded and allowed to stand for about 15 minutes. It is then divided into equal small portions, rolled out in the form of puries and deep fried in vanaspati.

Plain "Maida puri" may be prepared by omitting green chillies and asafoetida and substituting white flour in place of suji together with the addition of 14 g. vanaspati in the preparation of the dough. A little more oil is needed to fry these puries.

Weight of cooked karapuri = 59 g.

## 173. Kaaram Somasi

*Ingredients*

White flour	84 g.
Bengal gram	7 g.
Black gram	7 g.
Potatoes	21 g.
Cabbage	84 g.
Brinjals	14 g.
Peas	21 g.
Sesame (til) oil	45 g.
Coconut (scraped)	3 g.
Cashew-nuts	10 g.
Mustard	1 g.
Poppy seeds	1 g.
Onion	21 g.
Green chillies	2 g.
Ginger	1 g.
Coriander leaves	0.3 g.
Curry leaves	0.3 g.
Salt	10 g.
Water	158 ml.

*Procedure*

A little oil (3 g.) is heated and the mustard, black gram, Bengal gram, curry leaves and poppy seeds are fried along with the cashew nuts. All the vegetables including onion, green chillies, ginger and coriander leaves are chopped fine and added. The vegetables are cooked with the addition of 120 ml. water and 5g. salt till they turn soft and the water absorbed. White flour is then made into a dough with 38 ml. water and 5g. salt, and divided into small equal sized balls which are rolled out into thin puries. About a dessert spoon of the vegetable filling is placed on each puri. The puri is folded over enclosing the filling and the sides are cut with a 'Somasi cutter'. They are then fried in oil.

Weight of cooked kaaram somasi = 336 g.

## 174. Kaaram khazoor

*Ingredients*

Wheat flour	112 g.
Green gram	42 g.

Red chillies	7 g.
Asafoetida	0.5 g.
Black gram	1 g.
Cashew-nuts	3 g.
Coconut (grated)	7 g.
Vanaspati	31 g.
Sesame (til) oil	21 g.
Mustard	0.5 g.
Salt	2 g.
Water	60 ml.

### *Procedure*

Cleaned green gram and red chillies are soaked in water for two hours. They are then ground to a paste and salt and asafoetida added, 7 g. vanaspati is heated in another pan and mustard and black gram are put in and fried. Grated coconut pieces of cashew nut are put in next and all fried for some time. Lastly the green gram paste is added, cooked for a short while and then taken off the fire.

Wheat flour is mixed with 7 g. vanaspati. 21 g. til oil is put into the mixture and allowed to soak for about ten minutes. Oil is then applied to the palms of the hands and portions of the paste are made into thin puries. About a teaspoon of the purna (green gram mixture) is placed on each puri. It is enclosed, flattened slightly and shallow fried on a hot, oiled tawa or in a frying pan, with a little oil or vanaspati.

Weight of cooked kaaram khazoor=203 g.

## 175. Kodbara

### *Ingredients*

White flour	56 g.
Roasted Bengal gram	7 g.
Green chillies	1 g.
Coriander leaves	0.3 g.
Vanaspati	21 g.
Oil	3 g.
Coconut	14 g.
Cumin	0.5 g.
Salt	0.8 g.
Water	45 ml.

*Procedure*

Roasted Bengal gram, coconut and cumin are powdered. Green chillies and coriander leaves are finely chopped. The above ingredients are added to the white flour, 3 g. of hot oil and salt are also added and the mixture is made into small circles which are slightly flattened by hand and deep fried in vanaspati till quite brown in colour.

Weight of cooked kodbara=112 g.

## 176. Maida dosai

*Ingredients*

White flour	56 g.
Green chillies	3 g.
Mustard	1 g.
Ginger	7 g.
Seasame oil	14 g.
Water	35 ml.

*Procedure*

Mustard is cleaned, ginger and green chillies are chopped. These spices (optional) are fried in a little oil (3 g.) and added to the white flour along with salt. Water is then added (a little at a time) and the mixture is stirred well (to avoid the formation of lumps) until it becomes a thick batter. An iron tawa is heated and a little oil is smeared on it. A spoonful of the mixture is poured on the hot tawa, spread evenly and covered with a lid. After about two minutes, the lid is removed and the dosai is turned and cooked on both sides. When light brown in colour it is taken off the tawa and the rest of the batter is cooked in a similar manner.

Weight of cooked maida dosai=140 g.

## 177. Masala dosai

*Ingredients*

White flour	84 g.
Rice flour	7 g.
Parboiled rice	56 g.
Black gram	42 g.
Oil	56 g.
Semolina (suji)	38 g.

Bengal gram	14 g.
Green chillies	7 g.
Cashew-nuts	14 g.
Garlic	1 g.
Ginger	2 g.
Curry leaves	0.5 g.
Coriander leaves	0.5 g.
Onion	140 g.
Potatoes	56 g.
Turmeric	1 g.
Mustard	3 g.
Salt	14 g.
Water	360 ml.

### *Procedure*

Parboiled rice and 28 g. black gram are soaked separately in water for about four hours, ground and mixed. This mixture is kept overnight. The next day white flour, rice flour, suji and salt are added to it and mixed well. 300 ml. water is put in to bring it to dosai-batter consistency.

The boiled potatoes are roughly mashed. A little oil is heated in a pan and a seasoning is prepared out of mustard, black gram and Bengal gram. The rest of the masala ingredients, with the exception of turmeric, salt and potatoes is added. A little water (60 ml.) is sprinkled over the mixture and cooking continued for some time. Then the potatoes, along with salt and turmeric are added, stirring well. After cooking a little longer, the potato curry is taken off the fire.

A tawa is now heated and a little oil is smeared over it. A curry-spoon of the dosai batter is poured on the tawa and spread evenly. When done on one side, a tablespoon of the potato stuffing is put on one half of the dosai and it is folded over and removed after a few seconds.

Weight of cooked masala dosai = 788 g.

### 178. Masala iddli

#### *Ingredients*

Semolina (suji)	56 g.
Sour curd	84 g.
Coriander leaves	2 g.

Pepper	1 g.
Cumin	1 g.
Green chillies	7 g.
Ghee or oil	28 g.
Salt	2 g.
Water	90 ml.
Banana leaves	Two

### *Procedure*

Suji is fried in 14 g. ghee or oil. Pepper and salt are powdered and added to the fried suji. The suji is then taken off the fire. Green chillies and coriander leaves are chopped and added to the suji. Cumin and the rest of the ghee are also added and mixed well. The mixture is made into a paste with curd and brought to an iddli batter consistency by the addition of water (if necessary). The mixture is poured into 'Iddli moulds' using banana leaves instead of cloth. The iddlis are cooked by steaming and removed, when set.

In place of pepper and cumin, mustard, Bengal gram and black gram may be fried and added to the suji. Chopped coriander leaves and curry leaves may also be fried if liked.

Weight of cooked masala iddli=168 g.

### 179. Muruku

#### *Ingredients*

(i)	Wheat flour	56 g.
	Rice flour	7 g.
	Chillie powder	1 g.
	Oil	7 g.
	Salt	2 g.
	Water	52 ml
(ii)	Wheat flour	28 g.
	Rice flour	70 g.
	Butter	7 g.
	Vanaspati or oil	28 g.
	Cumin	1 g.
	Salt	2 g.
	Water	52 ml.

*Procedure*

Salt is dissolved in water. The rest of the ingredients, with the exception of vanaspati or oil, is mixed and made into a stiff dough with the salt solution. Some oil or ghee is heated in a deep vessel (karai). Portions of the prepared dough are pressed through a "Muruku" press in twisted circles into hot oil and fried till quite brown in colour.

Another name for "Muruku" is "Thenkuzal".

Weight of cooked muruku=(i) 76 g.  
 =(ii) 126 g.

## 180. Poli (Hot)

*Ingredients*

Wheat flour	56 g.
Bengal gram	14 g.
Black gram	14 g.
Turmeric	0.3 g.
Ghee or oil	21 g.
Coriander leaves	1 g.
Green chillies	3 g.
Curry leaves	0.5 g.
Asafoetida	0.3 g.
Salt	3 g.
Banana leaf	One

*Procedure*

Black gram and Bengal gram are soaked in water for about two hours. They are then ground very coarsely and turmeric, chopped green chillies, coriander leaves and curry leaves are added. Asafoetida is soaked in a little water and this water is mixed into the paste. Salt is also added.

The wheat flour is made into a stiff dough with water and divided into small balls. The balls are rolled out into puries and a small portion of the gram mixture is enclosed in each puri. It is then placed on a greased banana leaf, flattened a little and cooked on a hot greased tawa till both sides are golden brown in colour.

Weight of cooked poli=252 g.

## 181. Rawa Adai

*Ingredients*

Semolina (suji)	56 g.
Coconut (grated)	42 g.
Oil or Vanaspati	10 g.
Salt	1 g.
Water	90 ml.

*Procedure*

Coconut is grated and mixed with suji. A little salt is added to the mixture and it is made into a thick batter with water. A tawa is heated and a little oil is applied to it. A spoonful of the suji paste is poured on the hot tawa, and spread evenly (somewhat thicker than a dosai). The adai is cooked on both sides till brown.

Sliced onion, green chillies and cumin are sometimes added to the batter.

Weight of cooked rawa adai=147 g.

## 182. Rawa Dosa

*Ingredients*

Semolina (suji)	56 g.
Curd	56 g.
Grated coconut	14 g.
Chopped onion	14 g.
Oil	7 g.
Green chillies	3 g.
Coriander leaves	0.5 g.
Mustard	1 g.
Water	1 g.
Salt	0.5 g.
Water	250 ml.

*Procedure*

All the ingredients, with the exception of oil and mustard, are mixed together and set aside for about an hour. Mustard is fried in a little oil and added to the mixture. The batter should be of dosai consistency. An iron tawa is rubbed with a small piece of cloth dipped in oil. A curryscoop of the mixture is

poured and evenly spread on the tawa and covered with a lid. After about five minutes the dosai is turned, allowed to cook for a few more seconds and then removed.

Mustard saeasoning, grated cooonut and chopped onions may be omitted and chopped ginger used instead.

Rawa dosai (plain) is prepared by frying the suji lightly with 7 g. ghee and soaking it in buttermilk for 4 hours, after which salt is added and dosai prepared as given above.

Weight of cooked rawa dosai=182 g.

### 183. Rawa vadai

#### *Ingredients*

Semolina (suji)	56 g.
Rice flour	28 g.
Coconut	28 g.
Vanaspati	7 g.
Oil	49 g.
Green chillies	3 g.
Coriander leaves	0.3 g.
Salt	2 g.
Water	30 ml.

#### *Procedure*

Coconut is grated and added to a mixture of suji and rice powder. Chopped green chillies and coriander leaves are added along with salt. Vanaspati is heated and also added to the mixture and a soft dough is made with some water. The dough is divided into small balls which are flattened and fried in hot oil till golden brown in colour.

Weight of cooked rawa vadai=161 g.

### 184. Rawa Pakora

#### *Ingredients*

Semolina(suji)	56 g.
Curd	56 g.
Curry leaves	0.3 g.
Green chillies	0.8 g.

Cumin	0.5 g.
Oil	28 g.
Salt	0.8 g.
Water	150 ml.

*Procedure*

Green chillies and curry leaves are chopped. All the ingredients, with the exception of oil, are mixed with the suji and made into a stiff dough. The mixture is allowed to stand for half an hour. Small balls of this mixture are then deep fried in oil till brown in colour.

Weight of cooked rawa pakora=98 g.

## 185. Savain iddli

*Ingredients*

Savain (broken)	56 g.
Buttermilk	210 g.
Green chillies	3 g.
Ghee or oil	1 g.
Coriander leaves	0.5 g.
Curry leaves	0.5 g.
Mustard	1 g.
Salt	2 g.
Water	30 ml.

*Procedure*

Mustard is fried in oil and mixed along with chopped green chillies, coriander leaves and curry leaves with the rest of the ingredients. The mixture is allowed to stand for about half an hour and then steamed either in 'Iddli vessel' or in small saucers over boiling water, till set.

Weight of cooked savain iddli=266 g.

## 186. Shakarpara

*Ingredients*

Wheat flour	56 g.
Rice flour	3 g.
Green chillies	1 g.

Vanaspati	149 g.
Asafoetida	0.3 g.
Salt	1 g.
Water	22 ml.

### *Procedure*

Wheat flour, chillies, asafoetida, salt and a little vanaspati are mixed and made into a dough with water. The dough is divided into three portions and each portion is rolled out into a thin chapatie. Rice flour is made into a paste with 7 g. melted vanaspati. A little of the rice paste is spread on one of the chapaties and another chapatie is placed over it. Some more of the rice paste is spread over this chapatie and a third chapatie is placed on top. The remaining rice paste is then smeared on the third chapatie and the three chapaties are rolled into a long cylindrical roll and cut into 1" pieces. These pieces are rolled out very thin, cut into diamond shaped pieces and fried in vanaspati.

Another method is to prepare a dough out of flour (atta or maida), 0.3 g. celery seeds, salt and 7 g. vanaspati. The dough is rolled out into a thin chapatie, cut into inch long diamond shaped pieces and fried in vanaspati till golden brown in colour.

Weight of cooked shakarpara = 112 g.

## 187. Semolina roti

### *Ingredients*

Semolina (suji)	56 g.
Cumin	0.5 g.
Vanaspati	14 g.
Coconut (grated)	0.3 g.
Pepper	0.3 g.
Salt	0.5 g.
Water	30 ml.

### *Procedure*

Whole pepper and cleaned cumin are added to the suji. Grated coconut and salt are also added and a dough is made with a little water. An iron tawa is heated and a small quantity of vanaspati is spread over the tawa. A small portion of the dough is placed on the heated tawa and made into a chapatie by

hand. It is covered and cooked over a fire on one side only and removed gently when done, as it is very crisp and breaks easily while turning or removing.

Instead of rawa, wheat husk can also be used.

Weight of cooked semolina roti=98 g.

### 188. Suji vadai

#### *Ingredients*

Semolina (suji)	56 g.
Curd	56 g.
Ghee or oil	21 g.
Onion	14 g.
Green chillies	2 g.
Coriander leaves	0.5 g.
Curry leaves	0.3 g.
Salt	3 g.

#### *Procedure*

Cleaned suji is soaked in curd for half an hour, and then mixed well. Salt, chopped onion, green chillies, curry and coriander leaves are added. Small balls are made out of this mixture and fried either in oil or ghee till quite brown in colour.

Weight of cooked suji vadai=126 g.

## B. 2. SAVOURIES BASED ON RICE

### 189. Adai

#### *Ingredients*

Rice	56 g.
Green gram	7 g.
Red gram	21 g.
Black gram	14 g.
Bengal gram	14 g.
Green chillies	7 g.
Coconut (grated)	14 g.
Onion	14 g.
Sesame (til) oil	28 g.
Asafoetida	1 g.

Salt	14 g.
Water	30 ml.

### *Procedure*

Cleaned rice along with the dals is kept soaked overnight in water. In the morning, the rice and dals are ground together with asafoetida and salt to a coarse paste. Chopped green chillies, onion, grated coconut and 30 ml. water are added to the paste and mixed well. A tawa is heated and a dessertspoon of oil is spread over it. A tablespoon of the paste is poured on the hot tawa and spread out evenly into a thick dosai. The tawa is covered with a lid. When done on one side the adai is turned and cooked on the other side till crisp and brown in colour.

Coconut and onion may be omitted.

Weight of cooked adai=126 g.

### 190. Appam

#### *Ingredients*

Rice	56 g.
Oil or Vanaspati	7 g.
Yeast	0.5 g.
Coconut milk	60 ml.
Salt	2 g.
Water	90 ml.

### *Procedure*

Rice is soaked in water and then pounded into a fine powder. The coconut is also ground very fine, the milk extracted and added to the rice. The mixture is stirred well and made into a thin paste, yeast added, allowed to ferment overnight. The next day, salt is added to the mixture (egg also may be added) and stirred well till dissolved. Some oil or vanaspati is smeared on a deep vessel (karai or earthen chatti) and the mixture is poured into the vessel which is shaken gently so that a thin layer of the mixture adheres to the sides of the vessel. This will give a very thin net-like layer at the sides and a thicker layer in the centre. The vessel is covered with a lid and kept on a slow fire for about 3 minutes with some live coal on the lid as well. The aappam is removed when light brown in colour.

Weight of cooked aappam=119 g.

## 191. Blackgram kolkattai

*Ingredients*

Rice flour	56 g.
Black gram	14 g.
Oil	1 g.
Green chillies	2 g.
Asafoetida	1 g.
Red chillies	1 g.
Mustard	2 g.
Curry leaves	2 g.
Salt	1 g.
Water	150 ml.

*Procedure*

Black gram is soaked in water for about half an hour. It is then ground to a paste along with asafoetida, salt and red chillies. Water is boiled in a pan and the vessel containing the dal mixture is placed in the boiled water, covered and steamed till set. In another pan, oil is heated and green chillies, curry leaves and mustard are fried. The steamed black gram is put in and the mixture is cooked till it becomes a fluffy mass. The rice flour is then cooked in a separate pan with some water till very thick. The dough is divided into small balls which are made into small thin chapaties between the palms of the hands. A little of the black gram mixture is placed on each chapatie, enclosed and the kolkattai steamed over boiling water till done.

Weight of cooked kolkattai=252 g.

## 192. Broken rice roti

*Ingredients*

Broken rice	28 g.
Black gram	56 g.
Ghee or Vanaspati	28 g.
Ginger	7 g.
Green chillies	7 g.
Cumin	2 g.
Salt	7 g.
Water	90 ml.

*Procedure*

Black gram is soaked in about 90 ml. water for 2 hours and then ground to a fine paste. Broken rice is mixed into it and the mixture is allowed to stand overnight. The next day, chopped ginger and green chillies along with cumin and salt are added and mixed well. About 14 g. ghee or vanaspati is poured into a degchi (deep vessel). A spoon is placed upright in the centre of the degchi and about a half of the mixture is poured into the degchi. The vessel is placed on a very slow fire and covered with a lid. Live coals are placed on the lid and cooking continued for about half an hour. The roti is removed when baked and the other half of the mixture is cooked in a similar manner.

Weight of cooked broken rice roti=224 g.

**193. Coconut dosai***Ingredients*

Rice (parboiled)	56 g.
Coconut	56 g.
Ghee or Vanaspati	28 g.
Baking powder	1 g.
Salt	3 g.
Water	90 ml.

*Procedure*

Cleaned and washed rice is kept soaked in water overnight. In the morning the rice is ground along with coconut to a fine paste, kept for a day to ferment, and after fermentation salt and soda are added and the whole mixed well. A tawa is heated and a little ghee or vanaspati is applied to it. A tablespoon of the paste is poured on the tawa and spread evenly. The tawa is covered and the dosai is allowed to cook for about two minutes and removed when the underside is brown.

Weight of cooked coconut dosai=224 g.

**194. Conjeevaram iddli***Ingredients*

Rice (parboiled)	56 g.
Black gram (with husk)	56 g.

Curd sour	140 g.
Asafoetida	0.5 g.
Pepper	0.5 g.
Cumin	1 g.
Vanaspati or Oil	1 g.
Salt	1.5 g.

*Procedure*

Rice and black gram are kept soaked in water in separate vessels overnight. In the morning, they are ground individually to a coarse paste, mixed together, and with the curd made into a thick batter. The pepper is broken into pieces, asafoetida powdered and fried along with cumin in vanaspati. The fried spices are added to the batter and stirred well. The batter is poured into "Iddli moulds" and steamed over boiling water till set.

The Conjeevaram iddli is a slight variation of the "Plain iddli," in which two parts of ground black gram dal are mixed with one part of ground rice (the proportions may vary) and the mixture is allowed to ferment for a day and then steamed in an "Iddli pataram" (vessel) over boiling water.

Weight of the cooked Conjeevaram iddli=364 g.

## 195. Kodombutu

*Ingredients*

Rice	56 g.
Salt	1 g.
Water	120 ml.

*Procedure*

Rice is ground after having been soaked in water for about two hours. A little more water is then added to make it into a thin paste. Salt is added and the paste is cooked till it turns very thick. The cooked paste is divided into small balls. The balls are steamed and served along with chutney or sambar.

Weight of the cooked kodombutu=189 g.

## 196. Kodballa

*Ingredients*

Rice flour	56 g.
Wheat flour	14 g.

Coconut (grated)	7 g.
Oil	28 g.
Mustard	1 g.
Red chillie powder	0.5 g.
Salt	1 g.
Water	30 ml.

### *Procedure*

Red chillie powder and mustard are fried in a little oil. The wheat flour is slightly dry roasted and mixed with the rice flour along with the other ingredients (with the exception of oil). The mixture is made into a stiff dough with some water. The dough is divided into small portions which are rolled into a rope, the two ends of which are joined to form a ring. The rings are fried in heated oil.

Wheat flour may be omitted and roasted. (2 g). Bengal gram powder may be used instead. Cumin may be used in place of mustard and added as such (without frying) along with the red chillie powder, in which case 7 g. oil is added seperately to the dough.

Weight of cooked kodballa=91 g.

## 197. Kunku

### *Ingredients*

Rice	42 g.
Black gram	28 g.
Green gram	28 g.
Red gram	28 g.
Bengal gram	28 g.
Coconut (grated)	56 g.
Green chillies	28 g.
Coriander leaves	14 g.
Oil	42 g.
Asafoetida	1 g,
Salt	7 g.
Water	30 ml.

### *Procedure*

All the dals and the rice are kept soaked overnight in water and ground in the morning to a thick paste. The other

ingredients with the exception of oil, are then added, mixed well and small portions are deep fried in oil till gold in colour.

Weight of cooked kunku=308 g.

### 198. Lime rice

#### *Ingredients*

Rice	56 g.	
Bengal gram	3 g.	
Black gram	3 g.	
Grated coconut or	}	7 g.
Cashew-nuts		
Groundnuts	7 g.	
Mustard	1 g.	
Green chillies	1 g.	
Turmeric	0.5 g.	
Sugar	1 g.	
Curry leaves	1 g.	
Sesame (til) oil	3 g.	
Lime juice	15 ml.	
Salt	3 g.	
Water	180 ml.	

#### *Procedure*

Oil is heated and mustard, Bengal gram and black gram are fried in it. Curry leaves, turmeric and green chillies with nuts are then put in and mixed well. This mixture is added to the cooked rice along with the salt. A little sugar is also added and grated coconut is sprinkled over the rice. Lime juice is added after the vessel is taken off the fire.

Weight of cooked lime rice=231 g.

### 199. Muruku

#### *Ingredients*

Rice	84 g.
Black gram	28 g.
Vanaspati or ghee	28 g.
Asafoetida	1 g.
Cumin	3 g.
Salt	1.5 g.
Water	180 ml.

*Procedure*

Rice and black gram are powdered and passed through a fine sieve. Salt, cumin and asafoetida powder are added along with a little ghee or vanaspati and made into a thick paste with water. The paste is pressed through a "Muruku" mould in circular form into hot vanaspati and fried till golden brown in colour.

Green gram or Bengal gram may be used in place of black gram in which case the rice and gram are first dry roasted and then powdered. Cumin is omitted.

The preparation is also called "Mullu - thenkuzal" or "Muthusarai".

Weight of cooked muruku = 126 g.

## 200. Noy-pongal (broken rice pongal)

*Ingredients*

Broken rice	56 g.
Tamarind	14 g.
Oil	14 g.
Mustard	1 g.
Asafoetida	1 g.
Curry leaves	2 g.
Bengal gram	3 g.
Black gram	3 g.
Turmeric	2 g.
Salt	2 g.
Water	300 ml.

*Procedure*

Bengal gram and black gram are fried in oil and removed. Asafoetida, mustard seeds, turmeric and curry leaves are added to the same oil and fried for a minute. Tamarind is soaked in about 240 ml. water and the extract is added to the fried spices and pulses. The mixture is boiled for a minute or two and broken rice is added. When boiling, salt is added and after the water is absorbed and rice grains are well cooked, the pongal is taken off the fire.

Weight of cooked noy-pongal = 210 g.

## 201. Onion dosai

*Ingredients*

Rice	28 g.
Parboiled rice	28 g.
Black gram	14 g.
Green chillies	7 g.
Onion	28 g.
Oil or Vanaspati	28 g.
Cumin	3 g.
Fenugreek (methi seed)	1 g.
Salt	3 g.
Water	60 ml.

*Procedure*

Rice and black gram are soaked in water (in separate vessels) overnight. In the morning they are ground individually, mixed together and left for a day to ferment. Then (2 g) salt is added. The next day cumin and fenugreek seeds are fried for a few seconds in a little (7 g.) oil or vanaspati and salt, chopped onions and green chillies are added and lightly fried and kept separate. A tawa is heated and smeared with oil. A tablespoon of the dosai paste is poured on it and spread evenly. Then about a teaspoon of the fried onion mixture is spread on the top. The tawa is covered with a lid. When the underside of the dosai is cooked, it is turned, covered and cooked a little longer.

Weight of cooked onion dosai=168 g.

## 202. Rice flour roti

*Ingredients*

Rice flour	56 g.
Coconut	28 g.
Ghee or Vanaspati	14 g.
Red chillie powder	1 g.
Cumin	2 g.
Salt	1 g.
Water	30 ml.

*Procedure*

Grated coconut is mixed into the rice flour along with the other condiments and made into a dough with water. The dough is divided into small balls. A tawa is heated and a little ghee or

vanaspati is smeared on it. A ball of dough is placed on the tawa and made (with the hand) into a thick chapatie. A little ghee or vanaspati is poured around the edges of the chapatie and it is turned after it has cooked for a few minutes. Some more ghee or vanaspati is then put underneath the chapatie and it is cooked on a slow fire till quite brown and crisp.

Rice roti with buttermilk is prepared in a similar manner except that the amount of coconut is reduced to 3 g., and chopped onions, green chillies and coriander leaves are used in place of red chillie powder. The dough is prepared with buttermilk instead of water.

Weight of cooked rice roti=112 g.

### 203. Rice kolkattai

#### *Ingredients*

Rice flour	56 g.
Oil	7 g.
Coconut (grated)	14 g.
Curry leaves	1 g.
Coriander leaves	1 g.
Mustard	1 g.
Red chillie powder	0.5 g.
Black gram	2 g.
Salt	1 g.
Water	60 ml.

#### *Procedure*

Rice flour is made into a paste with water. Grated coconut and salt are added. Oil is heated in a pan, mustard and black gram are fried, then the red chillie powder, coriander leaves and curry leaves are put in and also fried for a while. The rice paste is added next and cooked till it turns very thick. This dough is divided into small round balls. Some water is boiled in another vessel and a cloth is tied over the mouth of the vessel. The balls are placed on the cloth and covered with a lid. They are removed in about twenty minutes when done.

Weight of cooked rice kolkattai=126 g.

## 204. Sesame rice

*Ingredients*

Rice	56 g.
Oil	7 g.
Sesame (til) seeds	3 g.
Asafoetida	0.5 g.
Red chillies	1 g.
Salt	1 g.
Water	120 ml.

*Procedure*

Rice is cooked in 120 ml. water. Asafoetida, red chillies and sesame seeds are fried in oil and powdered. This powder and salt are added to the rice and mixed well.

Weight of cooked sesame rice = 168 g.

## 205. Sour rice paka

*Ingredients*

Rice	56 g.
Jaggery	14 g.
Sesame (til) oil	28 g.
Coconut	3 g.
Mustard	2 g.
Coriander leaves	1 g.
Fenugreek seeds	1 g.
Bay leaf	0.5 g.
Green chillies	2 g.
Ginger	3 g.
Cumin	2 g.
Garlic	3 g.
Coriander seeds	2 g.
Bengal gram	3 g.
Lime Juice	15 ml.
Salt	1 g.
Water (for rice)	120 ml.

*Procedure*

All the condiments with the exception of garlic, mustard bay leaves and Bengal gram are powdered. Oil is heated and the remaining condiments (mustard etc.) are first fried and then the

powdered spices along with jaggery are added. This mixture can be kept for a number of days. The prepared mixture and lime juice are added to plain boiled rice before serving.

Weight of cooked rice paka=329 g.

## 206. Tattai

### *Ingredients*

Rice (parboiled)	56 g.
Black gram	7 g.
Bengal gram	7 g.
Coconut (grated)	14 g.
Oil or Vanaspati (to fry)	28 g.
Red chillie powder	0.5 g.
Asafoetida	0.5 g.
Salt	1 g.
Water	21 ml.

### *Procedure*

Rice and Bengal gram are each soaked separately in water for about twenty minutes. They are then ground together to a very fine soft paste. Black gram is dry roasted, powdered and mixed with the Bengal gram and rice mixture. All other ingredients, except oil, are added to the paste. Teaspoonfuls of the paste are flattened with the palms and deep fried in heated oil or vanaspati.

Some persons add roasted ground nuts to the dough just before frying.

Weight of cooked tattai=122 g.

## 207. Thenguzhal

### *Ingredients*

Rice	56 g.
Black gram	42 g.
Sesame (til) oil	28 g.
Red chillies powder	3 g.
Cumin	3 g.
Salt	3 g.
Hot Water	60 ml.

*Procedure*

Rice and black gram are powdered and mixed with salt, cumin and red chillie powder. A little sesame (til) oil is also added. A dough is then prepared with hot water. Small portions of the dough are pressed through a "Thenguzhal" mould and deep fried in hot oil.

"Chakali" is an almost similar type of preparation with the following difference. Black gram is reduced to 28 g. and the rice and black gram powders are dry roasted on a slow fire till brown in colour. Cumin is first browned in til oil and then added to the powder. Red chillie powder is omitted.

Weight of cooked thenguzhal = 168 g.

## 208. Uthappam

*Ingredients*

Rice (parboiled)	56 g.
Black gram	28 g.
Oil	28 g.
Red chillies	2 g.
Asafoetida	1 g.
Salt	2 g.
Water	60 ml.

*Procedure*

Rice and black gram are soaked in water in separate vessels overnight. The next day each is ground individually. The black gram is ground very fine but rice rather coarse. The two pastes are mixed and allowed to ferment for about 6 hours. Spices and salt are then added and ladlefuls of the paste are shallow fried in oil or vanaspati on a tawa in a manner similar to "Dosai".

Weight of cooked uthappam = 168 g.

## 209. Yellu-podi anna

*Ingredients*

Rice	56 g.
Jaggery	14 g.
Sesame (til) oil	14 g.
Sesame (til) seeds	1 g.

Red chillies	0.5 g.
Pepper	0.25 g.
Cumin	1 g.
Coriander seeds	1 g.
Cinnamon	1 g.
Curry leaves	1 g.
Mustard	1 g.
Fenugreek seeds	0.25 g.
Tamarind	3 g.
Groundnuts	3 g.
Turmeric	0.5 g.
Salt	1 g.
Water	180 ml.

### *Procedure*

A little oil is heated and half of the red chillies fried. A half of the curry leaves, a little mustard along with pepper, turmeric, cumin, coriander seeds, cinnamon and fenugreek seeds are added and fried for a while. This spice mixture is ground to a powder. The tamarind pulp is boiled with jaggery till thick and resembling a jelly. The fried spice mixture is added to the thick tamarind jelly. The rest of the oil is heated and a little mustard, red chillies, curry leaves and groundnuts are roasted in it and the tamarind masala is added.

The rice is boiled with the addition of salt in just sufficient water. The prepared spice mixture is then added to the rice and the whole mixed well. Sesame seeds are roasted in a pan, powdered and sprinkled on the prepared rice.

“Pulihara” is a simpler form of “Yellu-podi anna”,. The tamarind extract together with turmeric and powdered salt (mixed with a few drops of oil) are added to the boiled rice. Powdered sesame seeds are sprinkled over the rice. Then asafoetida powder, Bengal gram and black gram dals are fried in oil till soft, chopped green chillies and eurry leaves added and the mixture stirred into the rice.

Weight of cooked yellu-podi anna=294 g.

# NUTRITIVE VALUE PER 100 GRAMS OF COOKED FOOD

Sl. No.	Preparation	Calories	Protein (g.)	Carbohy- drate (g)	Fat g. (g.)	Calcium (mg.)	Iron (mg.)	Phospho- rus (mg.)
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## Recipes common to the whole country

### A. 1. Sweets—Wheat

1	Barbi	409	5.3	57.1	17.9	65	2.4	152
2	Biscuits (i) Sweet biscuits (ii) Butter biscuits (iii) Milk biscuits	349 482 399	6.8 4.4 6.4	58.1 70.1 62.2	10.1 20.4 13.8	21 9 44	3.9 0.4 3.6	177 37 174
3	Bun	281	5.0	45.9	8.7	91	2.1	139
4	Cake (i) Plain cake (ii) Semolina cake	492 371	5.1 8.3	49.5 51.9	30.5 14.5	15 43	0.7 3.9	58 198
5	Gulab jamun	387	6.8	37.8	24.2	260	2.4	186

Sl. No.	Preparation	Calories	Protein (g)	Carbohydrate (g).	Fat g. (g)	Calcium (mg.)	Iron (mg.)	Phosphorus (mg.)
6	Halwa							
	(i) Atta halwa	263	2.6	34.1	13.0	12	1.4	7
	(ii) Khesari	136	1.7	23.7	3.8	10	1.1	53
7	Jalebi	494	4.4	42.0	34.3	31	1.4	89
8	Paadurshah	485	5.6	63.5	22.7	11	0.7	57
9	Sponge cake	286	7.6	53.8	4.5	25	1.0	97
10	Surma Ladoo	464	3.2	60.8	23.1	30	1.5	100
11	Toffee							
	(i) Chocolate	464	5.1	65.2	20.3	11	2.5	129
	(ii) Coconut	429	4.2	70.2	11.5	5	0.6	46
A. 2. Sweets-Rice								
12	Kheer	141	4.1	21.1	4.5	80	1.0	98
13	Kheer (without milk)	168	2.9	34.4	2.0	26	2.9	74
14	Sweet rice	267	2.5	44.6	8.8	15	0.8	65

15	Bread	275	8.1	50.0	4.7	26	4.8	217
16	Meat puffs	603	13.9	36.9	44.1	95	1.7	140
17	Potato kachori	166	2.0	15.2	10.7	10	0.2	23

## B. 2. Savouries-Rice

18	Cauliflower palao	149	2.6	21.4	6.0	43	1.3	65
19	Chewra	420	4.2	40.2	27.0	23	3.9	134
20	Ghee rice	223	2.8	21.6	13.8	27	0.8	71
21	Godhum pakora	163	3.0	18.6	8.5	35	1.6	81
22	Ompodi	444	11.4	50.5	21.8	148	6.4	174
23	Paapari	444	5.3	59.7	20.4	44	2.1	122
24	Plain khicheri	168	4.7	21.0	7.3	32	0.8	60
25	Red gram khicheri	171	4.1	24.8	6.0	27	1.9	66
26	Rice gruel	121	2.3	27.7	0.2	11	0.7	49
27	Vadi palao	230	6.2	37.2	6.2	40	2.4	108
28	Vatel	500	3.4	64.2	25.5	24	1.8	77
29	Vegetable biryani	148	2.3	22.0	5.7	26	0.8	52

Sl. No.	Preparation	Calories	Protein (g.)	Carbohydrate (g.)	Fat (g)	Calcium (mg.)	Iron (mg.)	Phosphorus (mg.)
Recipes in common use in Eastern region								
<i>A. 1. Sweets-Wheat</i>								
30	Choshi peetha (Savian kheer)	180	0.5	29.7	4.6	124	0.5	104
31	Fried biscuits	509	5.8	48.6	32.0	15	2.1	105
32	Gujia	501	8.2	57.9	26.5	141	2.8	182
33	Pathi shapte	290	6.0	38.2	12.7	107	1.5	151
34	Peetha	307	4.6	48.4	10.5	19	1.4	81
<i>A. 2. Sweets-Rice</i>								
35	Maalpua	278	2.3	37.4	13.1	22	0.7	78
36	Khicheri	298	3.9	39.8	14.4	24	1.0	73
<i>B. 1. Savouries-Wheat</i>								
37	Mathi	521	0.4	40.5	37.2	19	2.2	114

38	Khicheri (with mutton)	190	6.5	14.3	11.8	60	1.6	75
39	Khicheri (with vegetable)	127	3.9	16.7	5.0	29	0.7	50
40	Pish pash	166	4.4	16.3	9.2	55	1.0	58
41	Rice chapati	212	3.4	42.9	3.0	6	1.1	76

### Recipes in common use in the Western Region

#### A. 1. Sweets-Wheat

42	Bombay paka	484	3.3	64.0	23.9	33	0.3	42
43	Cheeroti	240	4.4	26.6	12.7	81	1.6	119
44	Gulpoli	374	6.9	47.1	16.5	55	5.1	117
45	Karanji	508	5.7	51.8	30.8	14	1.5	99
46	Ladoo powder	563	8.2	51.2	36.3	143	4.1	230
47	Magmal puri	507	6.0	71.4	21.9	29	3.5	138
48	Milk cake	331	4.6	45.5	14.6	71	2.0	133
49	Mutkuli	348	5.4	54.8	11.9	18	3.2	144
50	Mutkuli ladoo	534	5.9	53.2	33.1	43	3.1	168
51	Nankhatai	584	5.6	62.9	34.5	12	0.5	61
52	Paaktali cheeroti	506	5.1	51.6	31.2	34	0.5	56

Sl. No.	Preparation	Calories	Protein (g.)	Carbohy- drate (g)	Fat (g.)	Calcium (mg.)	Iron (mg.)	Phospho- rus (mg.)
53	Puran poli	462	6.6	51.9	25.5	52	4.3	87
54	Satu-kaa-peeth	429	9.3	68.6	13.1	60	5.4	198
55	Shakarpara	691	3.7	37.9	58.3	12	2.2	100
56	Shakarpara-chi-wadi	400	4.9	52.3	19.0	13	1.7	88
57	Suji biscuits	373	4.5	40.9	21.3	39	1.4	88
58	Surat khaari	519	7.3	47.7	33.2	71	2.1	103
59	Sweet thaali-peeth	339	4.5	50.2	14.1	40	5.5	115
A. 2. Sweets—Rice								
60	Adraswada	415	3.4	76.1	10.7	52	5.3	75
61	Anarasa	499	3.7	63.4	25.2	26	3.4	65
62	Banana vadai	359	2.9	67.8	8.2	33	4.1	64
63	Kadhiele	152	1.6	36.1	0.1	25	2.5	36
64	Modak	209	2.8	35.3	6.1	5	0.6	74
65	Rice halwa	339	2.7	42.6	17.4	5	0.6	79

67	Shakarpara-chi-wadi	302	3.6	64.3	25.3	5	0.5	55
68	Zibrutenchi kheer	489	4.5	70.5	21.0	11	2.1	111
		174	1.4	27.0	6.8	17	2.5	50

*B. 1. Savouries-Wheat*

69	Butter milk	218	5.3	28.8	8.8	40	3.2	162
70	Ghawan	279	5.8	35.0	12.8	19	3.4	156
71	Savain uppuma	196	6.0	28.3	6.3	39	1.0	68
72	Thaali peeth	392	8.3	49.3	18.0	39	5.1	222
73	Tiket-mithachi karanjee	333	5.7	33.1	19.7	77	0.8	89
74	Uppuma	233	4.9	30.0	10.2	49	2.7	133
75	Wheat flour chakali	798	6.1	36.6	69.7	20	3.6	163

*B. 2. Savouries-Rice*

76	Chewra	394	14.9	55.1	12.3	82	6.8	224
77	Dhokra	122	4.2	21.0	.1	85	1.0	93
78	Dosai	360	6.3	37.2	20.6	33	2.9	134
79	Gharvada	264	3.5	25.3	16.2	61	0.6	78
	Kanki	92	1.9	20.1	0.3	15	0.7	42

Sl. No.	Preparation	Calories	Protein (g)	Carbohy- drate (g).	Fat g. (g)	Calcium (mg.)	Iron (mg.)	Phospho- rus (mg.)
81	Kaya vada	384	4.8	59.1	14.5	18	1.5	102
82	Kharri bhaat	124	1.7	19.0	4.6	50	0.9	46
83	Khicheri (with curd)	117	3.8	21.8	1.4	25	0.9	54
84	Paankie	193	4.8	33.7	2.1	90	1.3	129
85	Poha	118	2.9	21.2	2.2	31	2.0	70

### Recipes in common use in the North region

#### A 1. Sweets-Wheat

86	Balushai	469	5.4	62.6	22.0	35	1.1	67
87	Churi	454	6.9	56.1	22.5	23	4.1	186
88	Goja	499	5.9	86.7	13.9	11	0.6	50
89	Halwa paratha	382	5.9	48.3	18.3	19	3.5	157
90	Jaggery roti	445	5.5	54.0	23.0	36	5.7	153
91	Jalebi	412	4.9	72.0	11.6	10	0.5	41

92	Kungania	196	2.4	34.6	5.4	8	1.4	65
93	Leepie	248	3.1	36.6	9.8	26	3.9	96
94	Maalpua	325	4.4	44.8	14.3	14	2.6	118
95	Nashasta	627	10.9	90.9	24.7	46	6.0	279
96	Panjiri	528	5.5	56.6	30.7	30	2.9	145
97	Pathura	296	4.1	40.5	13.1	27	4.3	115
98	Pura	447	6.1	61.6	19.6	20	3.6	163
99	Pinni	492	8.9	51.2	27.9	232	4.4	255
100	Seera	181	4.0	19.7	9.4	91	1.2	114
101	Shakarpara (sweet)	403	5.4	80.7	6.8	49	5.9	62
102	Sohan halwa	399	3.0	62.9	15.2	15	1.5	78
103	Sweet Dalia	217	7.7	30.5	7.1	240	1.6	213
104	Sweet mathi	495	5.5	54.0	28.6	36	5.7	153
105	Sweet roti	454	6.9	56.1	22.5	23	4.1	186
106	Sweet samosa	415	11.9	51.2	21.5	251	2.5	201

## A. 2. Sweets—Rice

107	Rice carrot kheer	226	5.9	36.0	6.9	173	1.1	156
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Sl. No.	Preparation	Calories	Protein (g)	Carbohy- drate (g).	Fat (g)	Ca'cium (mg.)	Iron (mg.)	Phospho- rus (mg.)
108	Rice with jaggery	244	2.0	50.7	3.7	27	3.9	60
109	Rice phirni	166	4.9	22.7	6.4	120	1.0	127
110	Shri palao	379	5.6	46.4	12.2	154	1.3	150
<i>B. I. Savouries-Wheat</i>								
111	Chaat	474	4.1	53.8	26.4	70	5.5	65
112	Dalia	78	2.5	8.9	3.6	12	1.1	41
113	Ghee roti	463	8.1	48.8	26.2	26	4.8	217
114	Kachori	500	7.4	37.7	35.5	35	1.7	82
115	Khamiri roti	220	7.5	45.1	1.1	24	4.4	200
116	Maida papper	580	7.2	46.3	40.9	26	0.9	66
117	Matheri	495	6.8	46.2	31.4	13	0.7	57
118	Milk puri	529	10.0	55.1	29.9	73	5.3	269
119	Potato puri	247	4.9	33.4	9.6	15	1.8	88
120	Radish paratha	246	5.4	32.6	10.7	40	3.1	147

121	Samosa	256	3.8	31.2	12.8	23	0.7	44
122	Tomato loli	303	6.7	38.9	13.4	30	3.7	176

### B. 2. Savouries-Rice

123	Biryani	244	7.0	15.8	17.0	71	1.5	92
124	Kheecha	467	5.7	65.4	20.4	26	2.1	126

### A. 1. Sweets-Wheat

## Recipes in common use in the Southern Region

125	Ashgourd halwa	398	2.9	50.7	20.6	11	0.6	62
126	Badam puri	341	2.8	42.9	17.2	6	0.3	23
127	Banana bajji	355	3.0	40.2	20.4	10	0.4	46
128	Banana vadai	373	5.0	64.7	10.6	13	0.6	57
129	Barbi	503	2.6	68.6	24.3	10	0.3	33
130	Bengal gram payasam	87	1.5	20.4	0.3	35	2.2	92
131	Coconut tablets	457	3.0	67.1	19.7	9	1.5	109
132	Coconut vadai	400	4.0	55.7	17.9	33	4.9	128
133	Egg-maida-dosai	238	4.0	30.6	11.1	12	0.7	85
134	Gulaabipoo	403	4.9	49.3	20.7	16	2.9	130

Sl. No.	Preparation	Calories	Protein (g)	Carbohydrate (g).	Fat (g)	Calcium (mg.)	Iron (mg.)	Phosphorus (mg.)
135	Kalkal	348	8.3	57.1	19.7	21	0.9	85
136	Khazoor	365	5.0	49.8	16.3	11	0.5	50
137	Paadarpeni	227	4.5	25.9	11.7	94	1.5	127
138	Papaya halwa	345	2.3	61.3	10.3	8	1.2	54
139	Rawa appam	318	5.1	48.1	11.7	13	1.4	84
140	Rawa putu	56	4.5	38.1	9.5	14	2.4	149
141	Surul puri	424	9.8	55.4	18.0	31	4.4	190
142	Sweet appam	656	6.3	85.2	32.2	62	9.3	196
143	Sweet iddli	213	4.9	35.6	5.6	88	2.1	138
144	Sweet poli (Holige)	451	8.5	64.0	17.9	49	2.6	121
145	Sweet vadai	405	5.7	55.3	17.9	31	3.2	154
146	Watte appam	168	2.7	34.5	2.3	10	1.4	80
147	Wheat halwa	285	2.3	41.4	12.3	12	1.2	60

A. 2. Sweets-Rice

148	Adapradaman	207	2.4	32.8	7.3	29	2.4	61
149	Adirasam	482	3.8	83.1	14.4	44	6.0	85
150	Appam (sweet)	251	2.4	35.5	11.0	...	0.5	54
151	Awalosepodi	248	2.7	42.0	7.9	28	2.7	88
152	Chanderkanta	608	12.7	102.7	16.4	67	4.1	179
153	Cheedai	413	4.5	73.8	10.6	65	5.7	101
154	Idiappam	264	3.1	42.7	10.9	6	0.7	90
155	Jack-fruit adai	294	4.2	46.1	12.8	13	0.6	66
156	Kolaputu	190	2.4	37.7	3.1	4	0.2	49
157	Konmpal	280	3.3	42.3	10.7	7	0.8	98
158	Neyyapam	515	4.4	74.7	21.6	10	0.8	112
159	Paalputu	183	2.9	34.0	3.6	34	0.4	65
160	Pachora	211	2.3	31.9	8.1	5	0.5	73
161	Pal (milk) kolkattai	117	3.3	18.3	3.8	68	1.1	76
162	Rice cake	290	6.2	54.9	4.8	20	1.0	105

Sl. No.	Preparation	Calories	Protein (g.)	Carbohy- drate (g)	Fat (g.)	Calcium (mg.)	Iron (mg.)	Phospho- rus (mg.)
163	Somasi (Sweet)	448	5.6	45.5	26.4	12	1.5	113
164	Sweet kolkattai	194	2.5	33.5	5.4	15	1.9	70
165	Tambitto (Mavilakku mavu)	368	4.6	54.9	14.5	35	4.5	151
166	Watapu	397	4.0	57.6	17.2	11	1.4	139
167	Yela adai	232	2.9	47.5	6.0	31	3.1	77
B. I. Savouries-Wheat								
168	Bhaath	172	3.7	17.3	9.6	13	1.6	84
169	Godhum dosai	263	3.7	28.1	15.1	25	1.0	56
170	Godhum pongal	356	6.4	24.7	25.8	28	3.0	215
171	Godhum tenkuzhal	576	7.1	40.6	43.0	64	3.6	194
172	Karapuri	493	11.5	69.8	18.6	42	6.8	310
173	Kaaram somasi	275	5.5	27.5	15.8	47	1.2	80
174	Kaaram khazoor	536	12.9	59.6	29.4	62	6.1	271
175	Kodbara	450	7.4	43.0	27.6	22	1.3	99

170	Maida dosai	239	4.7	30.9	10.7	15	0.6	47
177	Masala dosai	205	4.8	26.6	8.7	58	1.6	87
178	Masala iddli	299	5.8	26.8	18.8	84	2.8	160
179	(i) Muruku (ii) Muruku	465 529	9.9 6.8	61.6 61.2	19.7 28.4	32 23	5.2 3.0	255 155
180	Poli (hot)	196	5.0	23.3	9.1	33	2.7	107
181	Rawa adai	326	6.1	31.7	19.5	18	3.3	193
182	Rawa dosai	203	5.3	25.6	8.7	68	2.5	155
183	Rawa vadai	578	6.4	41.6	42.8	18	3.0	176
184	Rawa pakora	491	8.7	43.9	31.2	97	4.4	239
185	Savain iddli	91	3.2	15.8	1.7	32	2.1	93
186	Shakarpara	583	6.2	38.2	44.7	22	3.6	165
187	Semolina roti	399	7.8	44.1	21.3	31	4.4	224
188	Suji vadai	338	6.8	35.4	18.7	92	3.3	191
<i>B. 2. Savouries-Rice</i>								
189	Adai	571	13.4	65.8	28.2	110	5.5	226
190	Appam	226	3.5	35.3	6.1	19	0.5	52
191	Black gram kolkattai	108	3.2	21.5	0.9	23	1.0	53

Sl. No.	Preparation	Calories	Protein (g.)	Carbohy- drate (g)	Fat (g.)	Calcium (mg.)	Iron (mg.)	Phospho- rus (mg.)
192	Broken rice roti	251	7.3	26.0	13.0	66	3.0	113
193	Coconut dosai	312	2.9	23.4	23.1	5	1.0	96
194	Conjeevaram iddli	132	5.9	23.2	1.7	86	2.1	113
195	Konomduttu	105	2.1	23.3	0.1	3	0.3	33
196	Chewra	500	6.9	61.0	34.8	21	2.1	147
197	Kodballa	387	10.3	35.8	22.4	78	4.5	173
198	Kunku	152	3.2	23.5	4.4	20	1.0	91
199	Lime rice	521	10.2	68.6	22.9	86	4.5	186
200	Muruku	191	2.8	27.9	7.1	28	1.7	52
201	Noy-pongal	314	5.0	34.5	17.1	72	1.9	93
202	Onion dosai	409	5.4	43.6	23.4	29	1.5	—
203	Rice flour roti	271	4.5	38.4	10.8	17	1.1	91
204	Rice kolkattai	168	2.8	27.1	5.0	33	0.6	50
205	Sesame rice	175	2.0	10.9	9.5	27	1.3	41

206	Tattai	461	5.9	45.8	28.4	32	2.4	128
207	Thenguzhal	366	9.1	42.8	17.4	80	3.5	139
208	Uthappam	330	6.4	37.8	17.1	46	2.1	112
209	Yellu-podi anna	145	2.0	21.0	5.6	22	1.2	37

## APPENDIX I

### *Htndi names of common Indian foodstuffs*

English	Hindi
<b>Cereals</b>	
1. Broken rice	... Tukda chawal
2. Broken wheat	... Dalia
3. Rice flakes	... Chidwe
4. Rice flour	... Chawal ka atta
5. Rice (parboiled)	... Uble hue chawal
6. Rice	... Chawal
7. Sago	... Saboodana
8. Semolina	... Suji
9. Wheat flour (whole)	... Atta
10. White flour	... Maida
11. Wheat milk	... Gahun ka doodh
12. Wheat (whole)	... Gahun
13. Vermicelli	... Savani
<b>Pulses</b>	
1. Bengal gram	... Chane ki dal
2. Bengal gram (whole)	... Sabut chane
3. Bengal gram flour	... Besan
4. Bengal gram powder	... Besan
5. Roasted Bengal gram powder	... Bhuna hue chane ka atta
6. Black gram	... Urd ki dal
7. Green gram	... Moong ki dal
8. Green gram (whole)	... Sabut moong
9. Red gram	... Arhar ki dal
10. Lentil	... Masoor ki dal
11. White gram	... Kabuli ya safed chane
<b>Vegetables</b>	
1. Ash gourd	... Petha
2. Beans	... Phali (Sem, Bakla, France etc.)

## English

## Hindi

1. Beetroot	... Chukander
4. Brinjal	... Baingan
5. Carrot	... Gaajar
6. Cauliflower	... Phool gobhi
7. Coriander leaves	... Hara dhania
8. Curry leaves	... Gandhela
9. Onion	... Pyaj
10. Peas	... Matar
11. Potatoes	... Aalu
12. Pumpkin	... Kaddu
13. Radish	... Muli
14. Tomatoes	... Tamatar

## Fruits

1. Banana	... Kela
2. Jack-fruit	... Kathal
3. Lemon	... Nimbu
4. Papaya	... Papita
5. Plums (dry)	... Sukha aalu bukhara
6. Raisins	... Kishmish

## Condiments

1. Aniseed	... Saunf
2. Asafoetida	... Hing
3. Bay leaf	... Tej pat
4. Cardamom	... Elaichi
5. Caraway seeds	... Cake me dalne wala zeera
6. Celery seeds	... Ajwain
7. Chillie (green)	... Hari mirch
8. Chillie (red)	... Sabut lal mirch
9. Cinnamon	... Dalchini
10. Cloves	... Laung
11. Coriander seed	... Sukha dhania
12. Coconut (dry)	... Copra
13. Coconut (fresh)	... Narial
13a Coconut (desiccated)...	Narial ka choora

English	Hindi
14. Cumin	... Zeera
15. Garlic	... Lasan
16. Dried pomegranate seeds	... Anardana
17. Ginger (fresh)	... Adrak
18. Poppy seed	... Khaskhas
19. Mustard	... Rai
20. Nutmeg	... Jaiphal
21. Pepper	... Kali mirch
22. Red chillie powder	... Lal mirch
23. Saffron	... Zaafrican ya Kesar
24. Salt	... Namak
25. Sesame seed	... Til
26. Tamarind	... Imli
27. Turmeric	... Haldi

#### Nuts and oils

1. Almond	... Badam
2. Cashew-nut	... Kaju
3. Charoli	... Charoli
4. Groundnut	... Moong phali
5. Pistachionut	... Pista
6. Clarified butter	... Ghee
7. Butter	... Makhan
8. Coconut oil	... Narial ka tel
9. Hydrogenated oil	... Vanaspati
10. Kidney fat (suet)	...
11. Mustard oil	... Sarson ka tel
12. Sesame oil	... Til ka tel

#### Milk and flesh-foods

1. Butter milk	... Chaach ya lassi
2. Curd	... Dahi
3. Evaporated milk (home process)	... Khoa
4. Milk	... Doodh
5. Chicken	... Moorgha

English	Hindi
6. Egg	... Anda
7. Meat (mince)	... Kheema
8. Mutton	... Bakre ka gosh
<b>Others</b>	
1. Banana leaves	... Kele ke pate
2. Baking Powder	... Khane wala soda
3. Brown Sugar	... Shakkar
4. Camphor (edible)	... Kafoor
5. Cocoa	... Cocoa
6. Gum (edible)	... Gond
7. Jaggery	... Gud
8. Oak leaves	... Bad kaa patta
9. Rose water	... Gulab jal
10. Silver paper (edible)	... Verk
11. Soda	... Soda
12. Sugar	... Chini
13. Vanilla essence	...
14. Yeast	... Khameer
15. Yellow colour (edible)	... Pila rang

## APPENDIX 11

### Some Common "Home Measures" in use in India and their weight and volume equivalents

Measures used	Equivalents
Medium sized aluminium cup used for measuring rice and solids	About 290 gms. of cooked rice (derived from 70-80 gms. of raw rice) or 350 ml. by volume or 320 gm raw rice.
Medium size stainless steel cup or Katori	150—160 ml.
Tablespoon (Level)	14 gms. or 14 ml.
Teaspoon (Level)	5 gms. or 5 ml.
Medium size tea cup used for liquids like milk, tea etc.	180—200 ml.
Glass used for liquids like milk, tea etc.	250—350 ml.
Big sized glass	350 ml.
Cigarette tin (for solids) heaped	250—300 gms.
do                      Level	200—220
Foods served in metal or wooden ladles (liquids)	30 ml per ladle

*Note :* The measures differ widely from home to home and hence these equivalents are very approximtae.





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